HOOPNOTICA IS NEWEST FITNESS CRAZE, PG 24

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METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

Celebrity pg 33

King of Pop rumours denied by Kanye

Spirited way to fight off swine flu

WHISKEY The head of the Russia national team's fan club has urged supporters travelling to Wales for next month's World Cup soccer qualifier to drink Welsh whiskey to repel the influenza A (H1N1) virus, also known as swine flu.

"Welsh whiskey is on offer to Russian supporters as a disinfectant," Alexander Shprygin said yesterday. "This will relieve any symptoms."

Russia's top doctor advised the country's citizens to avoid travelling to Britain, but "nothing will stop the Russian fans," Shprygin said.

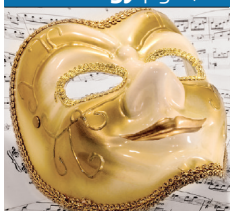
Britain's Health Protection Agency has said the number of new swine flu cases reached 110,000 in the last week of July.

THE ASSOCIATED PRESS

Local pg 3

T.O. man jailed for life in Ethiopia

Workology pg 17



Playwright's arduous path

ShareYourViews
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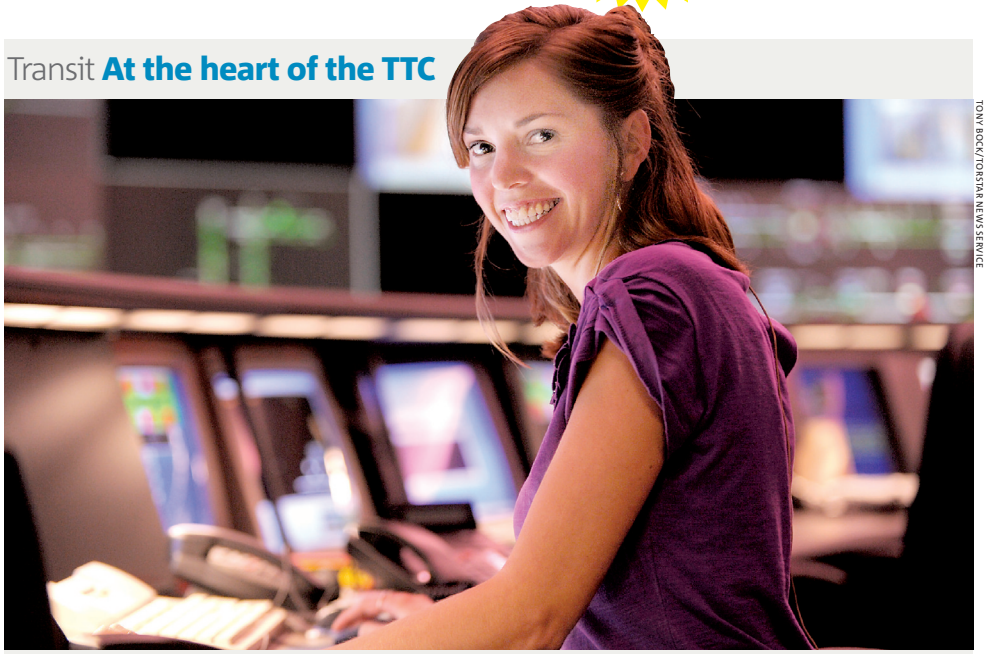
Transit **At the heart of the TTC**



TONY BOCK/TORSTAR NEWS SERVICE

Communications adviser Jessica Martin relays conditions on the TTC to radio and TV stations from TTC Transit Control, the nerve centre of the city's transit system. Take a behind-the-scenes look at Toronto's transit system, page 4.

No fun in the park

Students protest government refusal of holiday pay

Nearly 3,400 Ontario students who spend their summers working in provincial parks say the government is ripping them off by $400 to $600 each by refusing to give them holiday pay — a move they say is an abuse of labour laws.

For years, summer students received an 8.16 per cent top-up in lieu of having a paid vacation and statutory holidays off — a practice the government says was a mistake and should never have occurred.

During bargaining talks last December with the Ontario Public Service Employees Union, the province told the union it would no longer pay the top-up amount.

Student protests took place at four provincial parks on the weekend — Algonquin, Pinery, Sibbald Point and Wheatley.

Without this money, argues Seneca College student Helena Whale, most park workers make less on a statutory holiday than do employees at McDonald's.

"Any other employer in Ontario has to pay compensation for these holidays, except for the government," said Whale, a shift supervisor at Sibbald Point Provincial Park.

"They've exempted themselves. You'd think the Ontario government would be willing to pay their students, the future of Ontario, more than that."

"You'd think the Ontario government would be willing to pay their students, the future of Ontario, more than that."
Seneca College student Helena Whale

Students employed in the Ontario public service are not eligible to receive pay-in-lieu for vacation and holidays, said Ciaran Ganley, a spokesperson for the government services ministry.

The government pays 73 per cent of OPSEU-represented summer students $11.10 an hour, he said, a higher rate than the $9.50 minimum wage.

TORSTAR NEWS SERVICE

Businesses hoarding GST cash, report says

One of every four Canadian businesses that collect GST fail to turn the money over to the federal government on time, often because they want to improve their own cash flow, says a new report.

The most common reason for failure to meet filing obligations was ensuring funds on hand didn't run dry, says an April analysis from the Canada Revenue Agency.

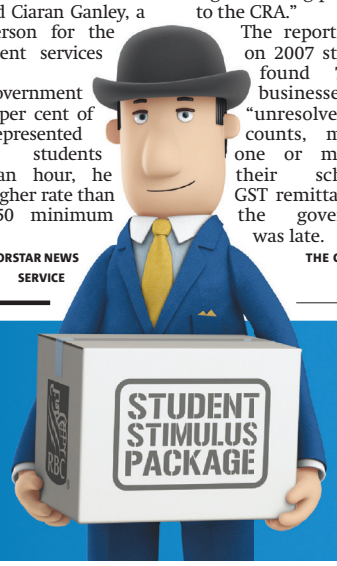
"The majority of repeat non-compliant behaviour is a conscious decision on the part of the GST registrant. When cash flow is low, registrants may give priority to other suppliers and themselves, and avoid filing or making payments to the CRA."

The report, based on 2007 statistics, found 776,000 businesses with "unresolved" accounts, meaning one or more of their scheduled GST remittances to the government was late.

THE CANADIAN PRESS

HST

- The problem of late payments is compounded in those provinces that have harmonized their sales taxes with the five per cent GST, creating a so-called HST. New Brunswick, Nova Scotia and Newfoundland and Labrador have an HST, while Ontario and British Columbia plan to join them on July 1, 2010.



Page 2 is where the big news hangs out.

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Man stabbed in confrontation with four women
A 34-year-old man was stabbed several times Sunday afternoon after fighting with four women in their early 20s, police said. The victim was standing in front of his apartment at Midland Avenue and Danforth Road when he was involved in an altercation with the women. He is expected to survive. TORSTAR NEWS SERVICE

Local

Man facing charges after car crash

A man is facing charges in connection with a serious collision in Oakville that saw a vehicle drive over several lawns, making a mess and destroying several trees. Around 3 a.m. yesterday morning, a red 2000 Jaguar S-Type was heading south on Elton Park Road and was about to go around a bend northeast of Lakeshore Road East and Chartwell Road when it lost control, said Halton police. Investigators with the collision reconstruction unit believe speed and alcohol were factors in the crash. THE CANADIAN PRESS

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Tomorrow's Metro

Comments

Paul Sullivan brings his West View on current Canadian events to Metro's pages

metronews.ca

WHAT'S ONLINE TODAY

Video Rebuilding and reforming a notorious Afghan prison a key part of Canada's reconstruction efforts at **metronews.ca/canada**

Blogs Sexcetera's Josey Vogels reviews the grades from the first report card on the dating habits of Canadian males

Lotteries

Ontario Pick 3: 7 7 0; **Ontario Pick 4:** 7 0 9 8
Encore: 7219173
Daily Keno: 1, 5, 6, 7, 10, 12, 14, 15, 16, 23, 24, 25, 34, 37, 39, 51, 58, 61, 62 and 63.
These results are not official.

ShareYourViews

torontoletters@metronews.ca

Life sentence for local man

Jailed in Ethiopia on terror charge

Supporters of an Ontario man sentenced to life behind bars in Ethiopia want the Harper government to suspend aid to the African country over what they consider a politically motivated sham.

The Ethiopian High Court ordered Bashir Makhtal to spend life in prison yesterday, disappointing backers fighting for his return to Canada.

"I'm really devastated about it," said Said Maktal, a cousin in Hamilton who spells his name differently. "I don't think that Bashir's been given the due process.

"This is the time for Prime Minister Stephen Harper to intervene in the case."

Makhtal, 40, was convicted of terrorism-related charges last week in Addis Ababa.

The court found Makhtal guilty of membership in the political and military central committees of the separatist Ogaden National Liberation Front; working to co-ordinate attacks against the Ethiopian army, and working with the Eritrean government in recruiting and training insurgents.

Bashir Makhtal

Lorne Waldman, Makhtal's Toronto lawyer, has denounced the legal proceedings as a "kangaroo court" that ignored important evidence. Some allegations suggest Makhtal was involved in military activity at a time when he wasn't even in the region, Waldman says.

He wants the federal government to pressure Ethiopia by cutting off all development aid short of humanitarian assistance.

"We're now looking to them to make a very forceful response to Ethiopia," Waldman said.

THE CANADIAN PRESS

Fox Can't curb her enthusiasm

PLANET MAURIE PHOTO

Kill Bill and Curb Your Enthusiasm star Vivica A. Fox, in Toronto over the weekend, checks out Metro before partying it up at Muzik for her birthday.

News in brief

PLANE CRASH Two people are believed dead after a small plane crashed into the woods yesterday afternoon near Lake Muskoka. The Cessna went down in Torrance, Ont., a half-hour north of Barrie, at around 3:30 p.m. Police have not released the name of the plane occupants. The OPP have been called in and the investigation is ongoing.

THE CANADIAN PRESS

Garden brings touch of green to Red Rocket

TTC In a fresh bid to spruce up the Red Rocket, the TTC has carpeted the roof of its Eglinton West station with an 835-square-metre garden.

The new strip of green offers transit users and motorists a more pastoral view at the Eglinton end of the Allen Expressway.

But mix of about eight flowering, drought-resistant plants called sedums — comes with some invisible benefits too, says TTC chair Adam Giambrone.

The green roof, the first of many planned for the transit system, will reduce stormwater runoff, improve air quality and extend the roof life of the station because the garden protects it from weathering.

Eglinton West was selected as the TTC's first green roof because the station's leaky old lid needed replacement.

TORSTAR NEWS SERVICE

850,000

The entire Eglinton West project cost about $850,000

Green trash lumped in with the rest?

LANDFILL Toronto garbage workers have been routinely mixing green bin organics with regular garbage that is trucked to a Michigan landfill, say city employees interviewed by Torstar News Service.

The workers — who return to work today after a five-week strike — say this has been done for years, is done routinely and it occurs at the transfer stations where all types of garbage are first brought after collection from homes.

A former manager in a transfer station confirmed he had seen this happen and that some managers allow the practice as a way of getting rid of the enormous amount of green bin waste produced by Torontonians.

Instead of being turned into compost, as residents are told, thousands of tonnes of leftover meat, vegetables and dirty diapers are dumped into garbage trucks and taken to Michigan's Carleton Farms Landfill, according to current employees and a former manager of city solid waste transfer stations.

TORSTAR NEWS SERVICE

Miller

- The statements raise serious questions about Toronto's diversion rates and Mayor David Miller's campaign promise to divert 70 per cent of garbage from landfill by 2010.
- City officials denied the practice.

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Yorkville victim's name released

Homicide detectives have released the name of a man who was gunned down early Saturday outside a hotel in upscale Yorkville. Wesler Fabian, 25, of Ottawa, died after he was shot outside the Howard Johnson Hotel on Avenue Road, just south of Davenport, around 4:30 a.m. **TORSTAR NEWS SERVICES**

Keeping Toronto on the move

TTC offers rare glimpse into the heart of its transit control

Every emergency call on Toronto's transit system goes through this room.

Every time a passenger hits the alarm in the subway; every time a collector has a fare dispute; every time an operator is assaulted; every time a collector leaves his booth to go to the washroom, Transit Control knows about it.

This is the TTC's safety valve on a system that carries 1.5 million people a day. It is considered so vital to city security that Torstar News Service was allowed a rare look inside on the condition its location was kept secret.

Kept deliberately dim, the sloping room's main light source is the glow from the giant interactive maps that are projected on screens forming a semi-circle around four long banks of computer monitors.

"This is the action centre," says tower controller John Nestor, one of three veteran operators assigned to monitor the lines in a shift.

Here, 76 veteran TTC employees — 15 per shift — work 24/7 tracking the trains. Sometimes, they must make the agonizing decision to hit the brakes and bring the entire city to a screeching stop. That happens when public safety is threatened, such as after the January shooting at Osgoode station. While riders on the stopped train, an average of 1,200 people, wait, Transit Control supervisors try to keep other trains moving to the next station instead of halting them in tunnels and bringing Toronto, the city on the move, to a standstill.

TORSTAR NEWS SERVICE

TONY BOCK/TORSTAR NEWS SERVICE

John Nestor, Tower Controller for the Bloor Danforth line is responsible for the route's operations at TTC Transit Control, the nerve centre of the city's transit system. Every vehicle on the subway and SRT gets tracked through transit control on large 'mimic' screens in front of operators.

Iranian visa students on the rise at Canadian universities

IranCrisis

NICHOLAS KEUNG/TORSTAR NEWS SERVICE

Iran is suddenly the top source for foreign students in the GTA.

EDUCATION Iran has become a top source country of foreign students to Canada in the last five years. The number of Iranian visa students is up 50 per cent from two years ago.

Janet Hurd, director of University of Toronto's student recruitment, said the rising Iran foreign student population reflects Canada's growing competitiveness in the international student market. Last year, the school had 130 Iranian visa students and 566 domestic students of Iranian descent. Administrators say some of these students are transplanting to Canada to do what they could only do underground at Iranian campuses: organizing political forums, a mock Iranian election, protests and even radio podcasts to talk about sensitive community issues.

TORSTAR NEWS SERVICE

MORE COVERAGE PAGE 10

News in brief

SHOOTING A teenage boy was shot and killed near Steeles and Martin Grove Road in Toronto on Sunday after being chased by two men in a car, police said. The body of Nerio Valdez, 17, was found left in brush. Surveillance video captured some of the incident.

LEGAL AID A former Superior Court judge, Hugh Locke, known for his law-and-order proclivities has blasted the Ontario government for its continuing "neglect" of the province's legal aid plan, warning of irreversible damage to the justice system. **TORSTAR NEWS SERVICE**

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Punta Cana 4-Star $475
Grand Paradise Bavaro + taxes & fees $209
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 21/swg/wg.

Hawai'i 7 Nights $889
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Miami Weekend $439
Hilton Miami + taxes & fees $124
INCLUDES roundtrip airfare, transfers and 3 nights 3-star accom. **UPGRADE** to 4-star accom from $25 per night. Departs Aug 27/ggv/aa.

New York Weekend $489
Marriott Downtown + taxes & fees $120
INCLUDES roundtrip airfare, transfers and 3 nights 3-star downtown Marriott accom. **UPGRADE** to 4-star accom from $49 per night. **ADD** NYC Twilight cruise from $29. Departs Aug 27/ggv/aa.

San Francisco Wine Tour $679
Cathedral Hill Hotel + taxes & fees $139
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Teen dead after car-surfing prank in Quebec

Quebec provincial police are confirming a 17-year-old girl has died after a car-surfing prank in Drummondville. Gabrielle Dionne was sitting on either the trunk or the roof of a moving vehicle when she fell off last Tuesday. She suffered head injuries and police say she died three days later. THE CANADIAN PRESS

Canada

Truckers exposed to radiation

Two truckers were exposed to excessive doses of radiation last year while hauling a radioactive device across the country, newly released documents show. A preliminary investigation by Canada's nuclear-safety watchdog found the drivers got more than their yearly limit of radiation on a six-day trip last December. The shipment triggered a radiation alarm on arrival at an MDS Nordion office in Ottawa. THE CANADIAN PRESS

Search halted for swimmers

Diving temporarily suspended due to strong current at falls

Rough waters have forced police to temporarily suspend the search for three swimmers who went missing Sunday in a remote area of Muskoka.

OPP Sgt. Greg Allison said the strong current at Moon River Falls is too dangerous for diving but the search will resume today.

The Ministry of Natural Resources and Ontario Hydro shut off the water flow upstream, but it could take more than 24 hours for torrents of water to stop pouring over the falls because the dam is kilometres away.

Lake Muskoka, Lake Rosseau and Lake Joseph all drain into the falls.

Allison said one diver entered the water yesterday morning on a rope, but the water flow made it too dangerous to continue.

At least five friends and family members of the missing people gathered on one side of the river, where the three Toronto-area residents are presumed drowned.

Allison said a coroner was also at the scene.

The names of the missing swimmers have not been released. It's believed they were in their mid-20s.

Local residents told the Toronto Star they feared the stronger currents of the waterfall caused by recent rainfall contributed to the presumed drownings. THE CANADIAN PRESS

DAVE CHIDLEY/THE CANADIAN PRESS

Friends of three missing men sit on the shore yesterday at Moon River Falls, Ont.

No warning for fall of space debris: Papers

ROCKET Federal officials received no warning that a Russian rocket would soar through Canadian airspace last December before splashing down, newly released documents show.

Instead, military and government officials were given three different re-entry points — all far removed from Canada — before learning the rocket had actually come down over Labrador.

The incident highlights a vulnerability of Canadian airspace even as the Air Force scrambles jets to counter threatened Russian bomber intrusions in the High Arctic.

The Russian Proton-K rocket, carrying three navigation satellites, was launched Dec. 25 from the Baikonur facility in Kazakhstan. Its bus-size fourth stage went into a low orbit for more than a day before crashing back to Earth.

Norad's operation centre at Cheyenne Mountain, Colo., notified Canadian officials of the splash down minutes after the event, leaving no time for warnings to fishing boats, cargo ships or populated places. The rocket's path had taken it across the Maritime provinces.

THE CANADIAN PRESS

Similar incident

- The Proton-K re-entry was reminiscent of a 2005 incident, when a U.S. military rocket splashed down in the vicinity of the Hibernia oil platform, on Newfoundland's Grand Banks, shortly after its launch from Florida.

Forest fires in B.C. interior force string of evacuations

DARRYL DYCK/THE CANADIAN PRESS

A wildfire burns yesterday at dawn on Terrace Mountain, north of Kelowna, B.C.

BLAZE It proved to be another busy day for hard-pressed firefighters in B.C. yesterday after another community was partly evacuated due to the threat of wildfires.

Part of the town of Lillooet, 170 kilometres west of Kamloops, was evacuated Sunday night as firefighters couldn't get a handle on a raging wildfire.

It's unclear how many residents are affected by the order, but several media outlets put the figure at about 2,300 and some reported the evacuees were being bused to Kamloops.

About 2,500 residents living along the Okanagan Lake spent a second night out of their homes because of the rapidly growing fire on Terrace Mountain.

A third fire has forced an evacuation of 120 residents of the community of Brookmere, about 120 kilometres south of Kamloops.

A smaller evacuation order was also issued for part of the community of Seton-Portage, near Lillooet.

THE CANADIAN PRESS

Info-sharing gap stalling criminal cases: Mounties

CRIME Senior RCMP officers have quietly warned that criminal cases are stalling due to lack of a formal policy on sharing information with countries that execute people or ignore human rights.

An undated internal briefing note says several cases "are experiencing problems" due to the absence of a government-wide or RCMP information-sharing regime with nations that impose the death penalty and those suspected of rights abuses.

"Lack of a policy is causing frustration with both domestic and foreign police agencies as investigations and prosecutions fail to advance," says the note.

"Lack of a policy is causing frustration with both domestic and foreign police agencies."
RCMP memo

Recent federal inquiries into the torture cases of Maher Arar and three other Arab-Canadian men underscored the need for protocols on passing information to foreign states, the note says. THE CANADIAN PRESS

News in brief

ALBERTA Construction cranes replaced country music fans Sunday at Alberta's Big Valley Jamboree as workers cleaned up after a devastating storm that smashed into the main concert stage, killing one person and injuring as many as 75 others. The concert bowl caved in Saturday after wild winds hit the popular annual festival in Camrose. Friends told local media the dead woman was Donna Moore, 35, of Lloydminster, Sask.

THE CANADIAN PRESS

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Aveo 5-door LS model shown with PG9 and UE1††

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Malibu LTZ shown.††

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Police blame arsonists for Vancouver's Stanley Park fires

Police say Vancouver's famed Stanley Park is apparently under an arson attack. Vancouver police have issued a warning asking the public to report anything suspicious after four fires were deliberately set in the park since Thursday. THE CANADIAN PRESS

Police probe video showing driver, age 7

PROBE A YouTube video of a seven-year-old Quebec driver doing up to 70 km/h along a logging road has sparked an investigation by provincial police.

His parents and siblings are also in the Honda SUV and his father can be heard encouraging him, telling him at one point to smile for the video camera. Nobody in the car is wearing a seatbelt.

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Kenney next Tory leader?

Tipped as potential dark horse

Raising a future leadership race with Conservatives is like having the sex talk with teenaged kids.

Ewwwwww … no way! Can we talk about this some other time?

But who might replace Stephen Harper once he leaves is the stuff of constant speculation behind the scenes — and the chatter is getting louder about one rising star in particular: Immigration Minister Jason Kenney.

Kenney is whispered about as the potential dark horse in a race that might one day include Defence Minister Peter MacKay, Environment Minister Jim Prentice and Finance Minister Jim Flaherty, to name a few of the names often bandied about.

The 41-year-old workaholic has attracted attention for taking a pain-in-the-butt portfolio like immigration and making it seem like a tier-one department.

One of the things Kenney seems to do very well is carry the government's message with minimal handholding from Harper's office.

Earlier in the year, he steadfastly refused to let controversial British MP George Galloway into the country. Most recently, he was seen defending the decision to slap visas on Mexican and Czech citizens.

Jason Kenney

Harper seemed to trust Kenney, making him one of the top, bilingual spokespeople in opposition and then in government. Kenney is often Harper's enforcer in the Commons.

Kenney has not said anything publicly about designs on the leadership, or given any hints he is actively organizing. He remains one of Harper's most loyal ministers.

THE CANADIAN PRESS

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DARREN CALABRESE/THE CANADIAN PRESS

Karlheinz Schreiber arrives at the Toronto West Detention Centre Sunday ahead of his extradition to Germany.

Canada extradites Schreiber after years of legal wrangling

SCANDAL German-Canadian businessman Karlheinz Schreiber, a key figure in a party financing scandal involving former German chancellor Helmut Kohl, arrived in Germany yesterday after losing a decade-long fight to avoid extradition from Canada.

The 75-year-old, whose Air Canada flight landed in Munich, was expected to be taken to Augsburg, where prosecutors accuse him of bribery and tax evasion.

Schreiber's efforts to avoid extradition came to an abrupt end Sunday after an Ontario judge denied his last bid to stay.

He surrendered at a Toronto detention centre, arriving in the back of a taxi, and was put on a plane for Germany a few hours later. "The whole approach is again to get my mouth shut and get me out of the country," he told reporters at the jail.

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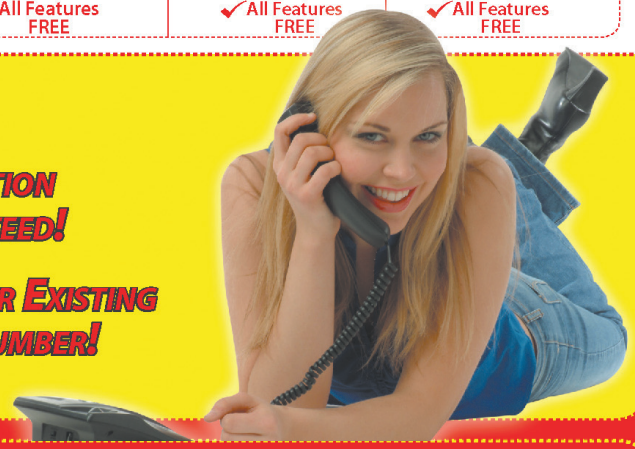

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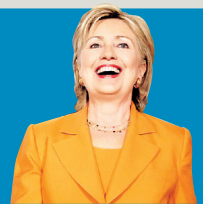
Zimbabwe bus crash kills 40

Zimbabwe state radio says a crowded bus slammed into a truck on a stretch of highway notorious for accidents, killing 40 people and injuring another 30. Yesterday's radio report said the bus swerved to avoid another stationary truck Sunday. THE ASSOCIATED PRESS

World



Clinton wants Iran to return U.S. hikers

U.S. Secretary of State Hillary Rodham Clinton, left, is appealing to Iran for information about three missing Americans believed to have been arrested by Iranian authorities last week on an ill-fated hiking trip in northern Iraq. Clinton said yesterday Swiss diplomats who represent U.S. interests in Iran are asking officials from the Iranian Foreign Ministry for details, but have not yet gotten official confirmation of the trio's arrest. She asked that Iran determine the facts of the case and "return them as quickly as possible." THE ASSOCIATED PRESS

President formally endorsed

Iran's election critics noticeably missing from meeting with ayatollah

Iran's supreme leader formally endorsed Mahmoud Ahmadinejad for a second term as president yesterday in a ceremony that sought to portray unity among the country's leadership, but was snubbed by prominent critics of the disputed election.

After Ayatollah Ali Khamenei gave his official seal of approval, he allowed Ahmadinejad to kiss his robe on his shoulder — a noticeably more restrained gesture than four years ago when Ahmadinejad kissed the leader's hand and cheeks in a sign of closeness and loyalty.

IranCrisis

An opposition website reported clashes in a northern Tehran square between security forces and protesters. It gave few details, however, and could not immediately be independently confirmed.

The meeting cleared the way for Ahmadinejad to take the oath of office tomorrow in parliament, where many pro-reform lawmakers have echoed the claims of fraud in the June 12 election.

The ceremony with Khamenei showed vividly the deep political divides confronting Ahmadinejad and his backers among the ruling clerics. The event was boycotted by two former presidents — Akbar Hashemi Rafsanjani and Mohammad Khatami — as well as defeated pro-reform candidates Mir Hossein Mousavi and Mahdi Karroubi, state media reported.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/OFFICE OF THE SUPREME LEADER

Iranian President Mahmoud Ahmadinejad kisses the shoulder of supreme leader Ayatollah Ali Khamenei yesterday.

Nigerian clashes that killed 700 under investigation

Police in northern Nigeria say they're investigating how a homegrown Islamist sect unleashed a wave of violence that left more than 700 people dead in clashes last week.

Borno state police spokesman Isa Azaza said police are holding 20 men suspected to be members of the Boko Haram sect. He said some of the men were seized with gunpowder, vats of acid, aluminum containers for bomb-making, assault rifles and black-and-white flags with Arabic inscriptions.

Attack

- The radical group Boko Haram sparked the violence with a July 26 attack on a police station in Bauchi. Violence quickly spread to three other northern states.

Azaza said the group was well organized in its attacks on police stations and government installations.

The city of Maiduguri was calm yesterday morning, with police conducting street patrols.

THE ASSOCIATED PRESS

News in brief

CAIRO A local south Sudanese official says gunmen have attacked a group of displaced people camping near a river close to the Ethiopian border, killing 185 of them. The official says more than half of the victims of Sunday's attack were women and children. A flare-up of tribal clashes over cattle and territory in south Sudan has left some 1,000 people killed this year. Goi Yol said workers have so far counted 185 bodies, mostly members of the Lou-Nuer tribe. The dead included 12 soldiers assigned to protect the group. Yol blamed the rival Murle tribe for the attack. The tribes have been engaged in tit-for-tat attacks, but women and children are increasingly targeted. THE ASSOCIATED PRESS

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Earthquake hits Mexico's Gulf of California
A 6.9-magnitude earthquake yesterday shook fishing villages along the Gulf, but there were no immediate reports of injuries or damage. THE ASSOCIATED PRESS

Dead Canadian soldier identified

Sapper Matthieu Allard, identified as the second soldier killed in an explosion in Afghanistan, was remembered as a kind young man who sought his family's advice on joining the army.

Canadian military officials identified Allard, 21, of the 5th Combat Engineers Regiment, yesterday after his next of kin were notified of his death.

Sapper Matthieu Allard

Cpl. Christian Bobbitt

Allard was killed Saturday alongside his friend, Cpl. Christian Bobbitt, in a roadside bomb attack in the Zhari district, west of Kandahar.

Bobbitt's name was released Sunday, but Allard's was withheld while military officials contacted his next of kin.

Allard's father Rene works in Mexico and got the sad news there, according to a member of his family.

Therese Allard, the soldier's aunt, said the family was proud of him and supported his decision to join the army and go to Afghanistan.

"He's a boy who was very polite, very kind," the aunt said in a telephone interview from Val-d'Or, Que., where Allard was born and raised.

"He asked for advice," she said, noting he consulted his father and grandmother.

"He was told it's your life's choice. We can't be against that. It's what you want."

Allard enrolled in the army March 29, 2007, and was deployed to Afghanistan in April of this year.

Allard and Bobbitt had dismounted from their vehicle to secure the area after an initial blast near the town of Senjaray, when they were killed by a second explosion.

Their remains are scheduled to arrive back in Canada today. A 2 p.m. repatriation ceremony is planned at CFB Trenton.

THE CANADIAN PRESS

News in brief

AFGHANISTAN NATO's new Secretary-General Anders Fogh Rasmussen says the alliance needs more international help from the United Nations and European Union to secure and rebuild Afghanistan. Fogh Rasmussen said, "NATO will do its part, but cannot do it alone" in Afghanistan. NATO has about 64,000 soldiers in Afghanistan.
THE ASSOCIATED PRESS

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Comment

Politics of engagement

NationalReport
Lawrence Martin

metronews.ca/nationalreport

It was cool and rather instructive to see the way Barack Obama eased his way out of the overblown controversy about the Harvard professor being arrested for breaking into his house.

Let's all sit down, have a beer, talk it over, said the U.S. president.

That kind of engagement, beer diplomacy, can be a good thing, especially in the wake of the arrogant sabre-rattling of his predecessor.

But with Iran the politics of engagement isn't working.

Obama has tried to reason with Ayatollah Ali Khamenei, Iran's supreme leader, proposing talks on the nuclear issue and on regional security. He didn't get much of a response. Then came the disputed Iranian election, the severe clampdown on protests and now the show trials. All this was combined with the apparent Khamenei policy of full steam ahead on nuclear weapons production.

In a dispatch based on Western intelligence sources, The London Times breathlessly reported yesterday that Iran has already perfected the technology to create and detonate a nuclear warhead. The Western intelligence sources, one hopes, are better than the likes of Dick Cheney and other charlatans who conned Western media on Saddam Hussein's non-existent weapons of mass destruction.

In any case, Obama's patience with Tehran is being sorely tested. We recall that in the election campaign Hillary Clinton and John McCain warned him about trying to negotiate with regimes like Iran. So far those cautions look justified.

Obama, who is of part Muslim descent, sees things differently than most American politicians. With his wider perspective, he is better capable of putting himself in someone else's orbit. He can readily understand, for example, how Iran sees a gross double standard on the nuclear question. As in, "Oh yes, you can have nuclear weapons and Israel can have nuclear weapons but we can't!"

Obama will be under increasing pressure to adopt a stiffer line, to start issuing ultimatums. Better though he continue with his politics of engagement for some time. Let the Iranian leadership be seen as recalcitrant, let it be seen as not accepting any outstretched hand. In this way there will be a justifiable case, as well as a broad consensus, for assertive actions such as punitive sanctions. In this way there will be no repeat of the flim-flam that triggered the invasion of Iraq.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Public sector wages growing out of line

InBusiness
Charles Davies

So it turns out Toronto Mayor David Miller is the Neville Chamberlain of municipal politics, an appeaser who will assuredly, and rightly, lose his job in the next civic election.

For now, though, let's consider the symbolism of Miller's deal with the Canadian Union of Public Employees, bankable sick days and all. It stands for the fact that, at all levels of government across Canada, public sector wages and benefits continue to grow way out of line with private sector standards. And the consequences for our economy are very negative.

One is the sheer cost: Public sector wages and salaries — not including rich benefits — grew 56 per cent to $161 billion annually in the decade to 2007, and they're still growing. So is the disparity with the private sector.

Back in 2000, the Canadian Federation of Independent Business calculated that a typical federal public worker had a 15.1 per cent advantage over a typical private sector worker in salary alone. Counting benefits, the advantage was 23.3 per cent. Today, the advantage gap has increased to 17.3 per cent for wages and 41.7 per cent for wages and benefits. Similar gaps can be found in both the provincial and municipal public service sectors.

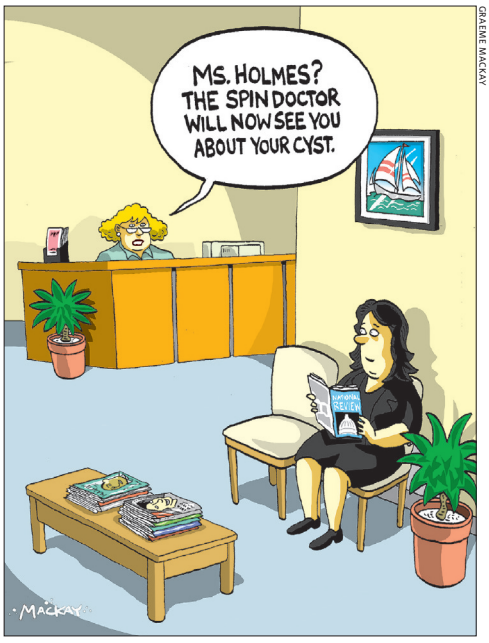
Interestingly, employment in the public sector has actually grown through the recession, compared to the dramatic plunge in private sector jobs. Money spent on public sector wages and salaries that's over and above private sector levels is money that isn't being spent on things we could really use, like improved public services or economic infrastructure. You could make the same argument about questionably useful government services. After all, do we really need health workers in local government working full time on wellness programs?

Money spent padding the public sector may be good for consumption, but there are much more productive ways to create wealth and economic growth. Indeed, a bloated public sector contributes to a stagnant economy that values bureaucracy more than innovation, hardly what Canada needs coming out of a severe recession and into a much more harshly competitive world.

And in comfy, cosy Canada, where government offers high-paying jobs for life, what's the incentive for people to start businesses, to take real risks without financial safety nets and create growing enterprises? There's also a matter of fairness.

Why should taxpayers labouring in the private sector happily take pay cuts and/or layoffs in order to subsidize above average wages and benefits for garbage collectors or office bound bureaucrats?

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



GRAEME MACKAY

Letters

Union culture and sense of entitlement needs to stop

Re: Messy details (July 30)

I'm sure I join a multitude of Torontonians who are baffled (interpretation: Downright irked) by the "garbage strike" situation that plagued our city for more than a month.

How can a city that is so culturally united be so socially and civilly divided?

This isn't the first time we've had a garbage strike. Why doesn't the city have a contingency plan that would deploy private resources to do what the public sector refuses to do? Financial reasons aside, the blatant disregard for the environmental and health implications resulting from the mountains of garbage in our neighbourhoods is both worrisome and utterly irresponsible from both CUPE members and the mayor.

I understand union members should be entitled to the same rights/benefits as us non-unionized workers. But this culture and sense of entitlement needs to stop.

Like the rest of the working population, if I don't like my job I have a choice: Stay and work happily, or leave and find a job that I can be satisfied with. I don't threaten to leave and stop working.

Simply put: Garbage workers get paid to take out the garbage, much like I get paid to do my job. Whether we all do our jobs happily and without complaint is a personal choice and a reflection of personal character. What CUPE Local 79 and 416 members haven't seemed to learn from their early years is that you can't always have your cake and eat it, too. Sometimes we all need to be a little less selfish and think about what we're actually doing.

All I have to say to CUPE and the mayor is: Get paid, go back to work, and pick up the mess you all created.

KENNY CHENG, TORONTO

Metro Online Poll Results

62% SAID YES	Would a fall election undermine economic recovery? *Weigh in on today's question at metronews.ca*	38% SAID NO

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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STOP HAIR LOSS

BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

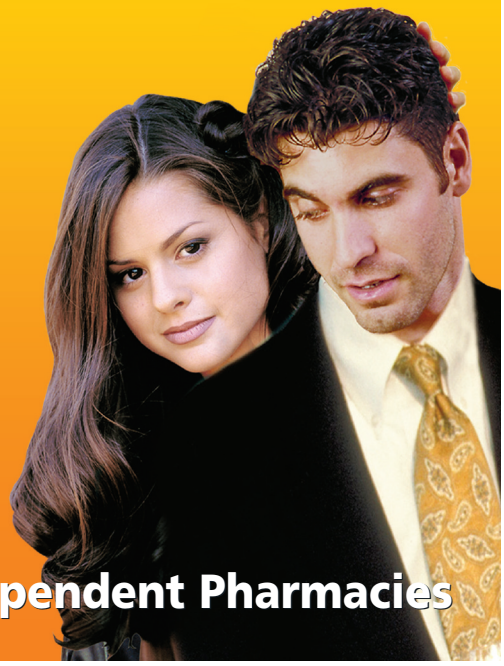
Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose: one capsule per day

BIO-FEN PLUS

www.biofen.com



Available at Health Food stores and Independent Pharmacies

Change at the top at AIG?
The Wall Street Journal says American International Group is expected to name Robert Benmosche, former chairman and chief executive of MetLife Inc., as its new CEO. He will replace Edward Liddy, who took over last fall after the government bailed out the New York-based insurer. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
Closed	US $3.98	US $71.58	Closed
US 92.81¢ (Friday)	US 33¢	US $2.13	

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Bombardier wins contract for Q400s

ORDERS Bombardier Inc. said yesterday it has secured five firm orders for its Q400 NextGen Turboprop airliners, which are assembled in Toronto, with options for five more.

The contract is worth $159 million US.

THE CANADIAN PRESS

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In brief

WORTH The United Kingdom was worth two per cent less in 2008, the first reduction since 1992, government statisticians said yesterday. The total value of the country was £6.954 trillion, or $11.7 trillion US, down £177 billion, the Office for National Statistics said.

TRADE India's merchandise exports fell by more than a quarter in June, marking the country's ninth month of steeply declining trade. Merchandise exports were valued at Rs612.17 billion ($12.8 billion US), down 27.7 per cent in dollar terms from Rs759.3 billion ($17.7 billion) a year earlier, according to government figures.

FOOD Tyson Foods, the world's largest meat maker, says its third-quarter profit surged on solid chicken sales following a prior-year period hammered by skyrocketing grain costs. The U.S.-based company earned $134 million US, or 35 cents per share, compared with $9 million US, or three cents per share, a year earlier.

THE ASSOCIATED PRESS

Panasonic in the red as gadget prices fall

Panasonic Corp. posted a 52.98-billion yen ($558 million US) loss as sliding sales, falling gadget prices and restructuring costs kept the Japanese electronics maker in the red for a third straight quarter.

The Osaka-based maker of Viera TVs and Lumix digital cameras yesterday kept its forecast unchanged for a 195-billion yen ($2.05 billion) loss for the full fiscal year through March 2010.

Analysts surveyed by Thomson Reuters had forecast a slightly worse 58.25-billion yen ($613.2 million) loss for the fiscal first quarter, and project a 184.97-billion yen ($1.95 billion) loss for the full year.

Panasonic said it was struggling to adapt as the focus for business growth shifts to emerging markets, such as India and China, amid a slump in the mature markets of the U.S., Japan and Europe.

Demand was also shifting toward cheaper consumer electronics goods, it said in a statement.

Panasonic, like other Japanese electronics makers, has been battered by the global economic slump and competition from rivals like Acer Inc., which are more adept at churning out lower-end products.

Last week, archrival Sony Corp. said it sank into a 37.1-billion yen ($391 million) loss for April-June, and stuck to a forecast for big full-year losses as quarterly sales slipped 19.2 per cent on year.

Panasonic, previously called Matsushita Electric Industrial Co., said sales fell in every major product category, including video and TV products, personal computers, devices, housing, and home appliances such as air conditioners.

THE ASSOCIATED PRESS

KOJI SASAHARA/THE ASSOCIATED PRESS

A man walks by a Panasonic Center showroom in Tokyo. Panasonic yesterday posted a 52.98-billion yen ($558 million US) loss.

Layoffs loom as GM falls short of buyout goal

AUTO About 6,000 General Motors Co. blue-collar workers have taken the latest round of early retirement and buyout offers, but it fell short of the company's goal, meaning more layoffs are likely.

GM has about 54,000 factory workers and wants to end the year with 40,500, a cut of about 13,500. That means about 7,500 too few workers took the offers, setting the stage for more layoffs.

Sixty-five per cent of the workers took early retirement packages, while 35 per cent took buyouts, the company said. By the end of the year, GM's hourly work force will be less than one-tenth of what it was at its peak of 468,000 in 1979.

In the past, laid-off workers went into the "jobs bank," which allowed them to collect most of their pay indefinitely even if their plants had been closed. But the United Auto Workers earlier this year gave up the benefit in concession talks.

THE ASSOCIATED PRESS

Packages

Retirement
Production workers: $20,000 plus a $25,000 car voucher
Skilled trades workers: $45,000 plus the voucher.

Buyouts
Workers with 20 or more years of service: $115,000 and the car voucher.
Workers with less than 10 years of service: $45,000 and the car voucher

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Pound surges as data show British manufacturing grew

SURGE Figures showing the first uptick in Britain's manufacturing sector in more than a year sent the pound surging to a near 10-month high against the dollar yesterday.

The closely-watched purchasing managers' index from the Chartered Institute of Purchasing and Supply jumped to 50.8 in July from 47.4 in June, largely as a result of a sharp pickup in new orders. That was the highest reading since March 2008 and indicates the sector, which accounts for around 15 per cent of the British economy, is growing again. Any reading above 50 points to an expansion in activity.

As recently as November, the index had fallen to a record low of 34.9.

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More layoffs in U.S. energy sector
Another major U.S. coal mining complex has fallen victim to the slumping demand for energy. Patriot Coal Corp. said Monday it is closing its Samples mines and has told 314 workers they will lose their jobs Oct. 1. THE ASSOCIATED PRESS

Beer sales down, Molson profit up

Molson Coors Brewing Co. says its second-quarter profit more than doubled even though penny-pinching consumers and a soggy Canadian summer contributed to reduced sales.

THE ASSOCIATED PRESS/FILE
Molson Coors Brewing Co. says its second-quarter profit more than doubled to $1.01 US per share.

Reporting in U.S. dollars, the Montreal and Denver-based beer maker says it earned $187.3 million or $1.01 per share in the three months that ended in June, as higher overall prices and reduced costs offset lower sales volumes.

That compares with earnings of 42 cents a share in the same period last year or $79.4 million, before Molson Coors and SABMiller PLC formed their joint venture MillerCoors.

"What I've seen since coming back to Canada is that boy the weather sure seems to have deteriorated over the years," Dave Perkins, the new chief executive of Molson Canada, said in a conference call.

"It is a cold summer and I think that's the biggest factor that we're seeing in July (early in the third quarter). It's anybody's bet obviously how that plays out through the rest of the summer."

The underlying pretax income in Molson's Canadian business decreased 11 per cent to $137.3 million as the lower Canadian dollar reduced profits by $18 million. In local currency, income grew two per cent".

However, Molson Coors' sales to retail decreased 0.5 per cent as Canadian beer industry volumes grew about 1.8 per cent, decreasing its total market share by 0.9 per cent.

Canada's sales volume was 2.4 million hectolitres, down 2.9 per cent from 2008, while net sales decreased 11.6 per cent to $471 million.

Total net sales excluding the U.S. totalled $798.9 million. THE CANADIAN PRESS

Apple Inc. iResignation

THE ASSOCIATED PRESS/FILE
Apple Inc. announced yesterday that Google CEO Eric Schmidt is resigning from Apple's Board of Directors, a position he has held since August 2006, as increasing competition between the two companies raises potential conflicts of interest.

Orvana extends buyout deadline

MINING Orvana Minerals Corp. said yesterday it is extending the deadline for its all-cash offer to buy junior miner Kinbauri Gold Corp.

Toronto-based Orvana said its offer, valued at $44.5 million, or 75 cents per share, is now set to expire Aug. 17 at 8 p.m.

The company said the extension is being granted at the request of Kinbauri shareholders, who asked for more time to tender their stock after the collapse of a rival takeover bid.

The all-stock offer from ATW Gold Corp. had previously been favoured by Kinbauri's board and management, but ATW terminated the bid Friday saying Kinbauri's board had not declared its unanimous support to shareholders.

The Kinbauri-ATW merger proposal was worth about $43 million when it was announced. THE CANADIAN PRESS

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Canwest says won't make $18.5M US payment

Canwest Global Communications Corp. said yesterday the limited partnership which controls the bulk of its daily newspapers will not make a $18.5-million US interest payment initially due August 1.

The partnership is a subsidiary of the Winnipeg-based media conglomerate, which operates all the company's daily newspapers except the National Post.

Despite the payment deferral on the subsidiary's senior subordinated notes, Canwest said creditors are not in a position to demand that the partnership repay the full $400 million US it owes until at least Sept. 1.

The company said the decision to withhold the interest payment will allow the partnership to operate normally as it continues restructuring talks with its lenders, a process being duplicated throughout the company as it attempts to refinance its massive debt.

Fade to black
- Canwest said it would be closing conventional TV stations in Victoria and Red Deer, Alta., putting approximately 80 people out of work.

The Canwest group as a whole, which includes the Global television network and other broadcast operations in several countries, is struggling under about $4 billion in debt.

The company has been negotiating for months with various bankers, bondholders and other creditors to come up with a plan that would allow Canwest's businesses to continue operating. Canwest has also been working to unload some of its assets, recently announcing the sale of Hamilton's CHCH-TV and Montreal's CJNT-TV to a Toronto company. THE CANADIAN PRESS

Business in brief

MONTREAL Boralex Power Income Fund said yesterday that profits declined 86 per cent in the second quarter while revenues were hurt by the indefinite shutdown of a Quebec power plant. The fund, which is partially owned by Boralex Inc., reported net income of $1 million, or two cents per unit, for the quarter ended June 30. The results mark a sharp decline from year-earlier profits of $5.3 million, or nine cents per unit. Quarterly revenue edged down to $25 million from $25.6 million a year ago, as production gains from U.S. power plants were offset by the shutdown of the Dolbeau power station, where operations have been suspended since June 20. THE CANADIAN PRESS

Germany feels Opel talks well advanced

The German government said yesterday it sees "encouraging" signs of progress in negotiations on the future of automaker Opel as it prepares for more talks with parent General Motors Co. and the two bidders.

The Economy Ministry said it expected another round of talks in Berlin today between German federal and state officials, GM and the bidders: A consortium of Canadian car-parts maker Magna International Inc. and Russian lender Sberbank; and Brussels-based investor RHJ International SA.

"There were encouraging signals." Klaus Valter, government spokesman

In the U.S., GM's new board was expected to consider Opel's future at a meeting starting later yesterday.

Germany's impression the talks are well advanced "has been confirmed in the past few days — there were encouraging signals," government spokesman Klaus Vater said.

"That means the government has a positive expectation as far as the talks that will happen this week," are concerned, he added. He did not elaborate.

The government has made clear it prefers the bid from Magna and stressed GM needs to take its views into account in deciding on a buyer, because it is offering financial help to make a deal possible.

GM's chief negotiator, John Smith, last week wrote that the U.S. company has not specified a preferred bidder.

However, he said the Magna bid, as submitted, "contained elements around intellectual property and our Russian operations that simply could not be implemented" and discussions were ongoing to resolve that.

RHJ's bid "would represent a much simpler structure and would be easier to implement," Smith wrote. THE ASSOCIATED PRESS

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Don't let your cash get sucked into fine print

Be careful when accepting attractive Pay Later deals

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Busted! It's the roof, furnace or washing machine and there's no spare dough. These are expenditures you don't want to put off — picture two working parents schlepping clothes to the laundromat for a couple of toddlers. Not fun.

Fortunately, there are always tempting Buy Now Pay Later offers to help you out.

They work if you set aside enough money to pay them off in full on the due date. One strategy is to settle the balance with a loyalty points credit card then eliminate that balance with money saved up.

However, check the fine print where payment landmines might be lurking. Some stores, the Brick for example, funnel Buy Now Pay Later purchases through their own cards.

That new washer and dryer seems so attainable with a Buy Now Pay Later deal — but be careful what you wish for.

The purchase contract is actually a retail credit card application. And you can't pay the balance with another credit card.

If you don't have the money in hand at the due date you are looking at close to 30 per cent in interest.

Worse, you also might be liable for all the accumulated interest from the day of purchase. Ouch.

For example, if you buy an item for $1,000 the first month's interest is $24.91 at 29.99 per cent. The next month you'll pay interest on $1,024.91 and so on.

Additionally, many retailers charge administration fees ranging from $25 to $50 and you may have to pay sales tax up front.

So ask the questions. What are the fees and taxes up front? Am I applying for a store credit card? If so, what credit limit will be assigned? (This is important if your credit score is marginal).

What's the interest rate? Can I pay the balance with a credit card? If I don't pay in full am I liable for interest from the day of purchase?

If you know you can't save enough to pay the balance before ante up time, apply for a lower interest bank credit line. It's still a debt but at least the interest won't sting as much.

Alison's Money Rule:

- Buy Now Pay Later deals are appealing, especially when you face an emergency expenditure. But landmines can lurk in the fine print.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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EDUCATION You can't read or watch the news these days without coming across a story about the teetering economy, falling sales or another corporate cutback.

The economy's situation is motivating many of us to keep a closer eye on our spending habits, to think twice about jumping on the "buy now, pay later" treadmill. It's also a good opportunity to review your financial IQ — and aim to sharpen it.

Do you have a good picture of your current financial situation? How much do you really know about the financial products you own? For example, do you know your credit card's annual interest rate? Are you making the most of your mortgage?

Becoming financially literate pays off in so many ways — improved peace of mind, greater ability to spot and avoid costly mistakes, and more confidence in making financial decisions. So make a plan today to get a better grip on that hard-earned money of yours.

To find objective, accessible and, most importantly, understandable financial information, check out the Financial Consumer Agency of Canada's (FCAC) web site moneytools.ca and view or download:

- tip sheets on financial products and services;
- easy-to-use booklets and;
- interactive web-based tools that allow you to compare products such as credit cards and banking accounts.

NEWS CANADA

Fake money, real world

INVESTING RBC Direct Investing announced the launch of Practice Accounts last week, the first integrated offering of its kind by a Canadian self-directed brokerage.

Available to RBC Online Banking and RBC Direct Investing clients, Practice Accounts will allow Canadians to buy and sell a wide range of investments with $100,000 of no-risk "practice money." The quick and easy activation of a Practice Account provides an opportunity to test-drive RBC Direct Investing's online site and experience real investing without using real money.

"Practice Accounts are a powerful new feature that provides online investors with the opportunity to hone their investing skills so they can make informed and confident decisions," said Jason Storsley, president and CEO, RBC Direct Investing. "Whether you are an experienced investor or just getting started, you can use Practice Accounts to experiment with investing strategies without risking your money."

RBC Online Banking or RBC Direct Investing clients can activate a Practice Account in a matter of minutes by following a few quick steps online. The accounts are integrated into the RBC Direct Investing online site, with convenient access to tools and learning resources. With $100,000 in no-risk "practice money", investors will learn how to enter orders, create and track a mock portfolio online and explore investing strategies before putting real money on the line. Investors can choose from a variety of Practice Accounts.

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METRO NEWS SERVICES

Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will put the spotlight on careers behind the camera and the curtain. So be sure to read Workology and metronews.ca/work every day.

Workology

Women's softball at SFU

Simon Fraser University held a sod-turning ceremony yesterday for a playing field for its women's softball team, which has been without a home field since its inception in 1990. The project is being funded by a $500,000 donation from the Keith and Betty Beedie Foundation to SFU Athletics' Bring Our Teams Home campaign. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A playwright's tale

Writing for the stage can be a hard and lonely business

Backstage Pass

JON TATTRIE
for Metro Canada

The process of getting a play out of the writer's head and onto the stage is a long and winding one. Governor General Award-winning playwright Catherine Banks wrote her first play in 1983. She learned a lot from the process, but it never saw the light of stage; her first performed play came in 1991.

Creating a play demands imagination, deep pockets and a full commitment to the story, playwright Catherine Banks says.

"I started writing that play the week I brought my newborn daughter home from (the hospital) and it was produced the year she entered primary," the Nova Scotian playwright says of The Summer of the Piping Plover. "It felt really wonderful when that play opened because I had learned I could do it."

Playwriting can be a hard, lonely business, with no guarantee your work will ever be performed. Banks' big breakthrough came last year, when Bone Cage won the coveted GG.

"It was validation shot through with joy!" she says.

Getting a play performed can be an arduous process. She had to secure funding from government agencies and sink a lot of her own cash into Bone Cage. By then, Banks was fully committed to the play's darkly humorous story of Jamie and Chicky growing up in rural Nova Scotia.

"Why would any character ever come to me again if I didn't see the characters of Bone Cage all the way to the stage?" she wonders.

Once a company picks up a play, there's the tricky process of turning a playwright's imagination into reality.

"Even when I set out to write a play that will be easily produced, in the course of writing the play it takes me to a place where I have to make a decision: Will I or won't I allow the play to take me where it needs to go?" Banks says. Can theatre companies afford to stage it? Are there too many/too few roles? Are the technical requirements possible?

"Only once have I made a concession to make a play 'more producible;' I reduced the script by one actor. In the end, I had to produce the play myself anyway and now I have a play with a ghost," she laments.

After studying acting at university, Banks honed her skills at local writing workshops. Many institutes such as Dalhousie University offer courses on playwriting as part of theatre programs. UBC offers an MFA in creative writing and theatre (playwriting) and students at Concordia can major in playwriting.

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

Workology in **brief**

THE UPPER HAND A recent Canadian survey by Accountemps reveals that when it comes to applying for jobs in the financial sector, job experience is just as important as having a degree for new graduates. Two hundred and seventy chief financial officers were interviewed across Canada for the survey and the majority rated experience as very important. Their top advice to new graduates is to consider an internship if a full-time position isn't immediately available, trying part-time work, or taking on temporary or freelance work to build up experience.

POSITIVE OUTLOOK The Bank of Canada has just released their Business Outlook survey, and the news is positive. Of the managers interviewed at roughly 100 companies in May and June for the survey, 61 per cent of senior managers predict faster sales growth over the next year. This latest poll reveals a marked shift in sentiment compared with the two previous quarterly surveys where just 30 per cent of managers were optimistic. About 40 per cent of respondents also said they expect to add workers over the next year.

HEATHER BUCHAN/ FOR METRO CANADA

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UBC student appeals rejection of religious discrimination suit
A University of British Columbia student is appealing a B.C. Supreme Court judge's rejection of her $18-million lawsuit against the institution, in which she alleged UBC discriminated against her as a Christian and subjected her to hatred and contempt in the school's graduate English department. METRO NEWS SERVICES

Campus cuisine has changed: Do

Scratch ramen noodles from the menu — university students demand gourmet

Once upon a time, eating in a college dorm meant soup in a hotpot or delivery pizza. The most interesting thing about the campus dining hall was often the salad bar.

No more. These days, college students have gourmet palates and a growing interest in preparing their own food. Mini-refrigerators and microwaves in dorm rooms are as essential as laptops. Chefs drop by dorm kitchens to give lessons, and dining halls provide takeout containers and ingredients for kids who want to cook their own meals.

"'Are we allowed to have mini-fridges and microwaves in our residence hall room?' That may be the No. 1 question our residential staff encounter from new students entering Western Illinois University," according to John Biernbaum, who oversees the school's housing and dining services.

"The culinary literacy of college students is increasing," said Tom Post, president of campus dining for Sodexo, a food service and facilities management company that works with 600 campuses in North America. "Students today grew up watching celebrity chefs on TV, eating organic food, enjoying authentic world cuisine and valuing good nutrition."

In response, cafeteria menus have changed, with Sodexo's top campus foods for 2009 including Vietnamese pho (noodle soup), mini-samosas, goat cheese salad and chicken mole. But colleges are also catering to student demands for more flexible and individualized dining options.

AARON BROSNAN/THE CANADIAN PRESS/THE COLLEGE OF HOLY CROSS

Chef Angelo Berti teaches students during Cooking with Angelo. His menu includes calzones, stromboli, foccacia and fried dough with ricotta cheese and fresh berries for dessert.

Gustavus Adolphus College in St. Peter, Minn., offers recyclable takeout containers called "GustieWare" in the dining halls. This fall, Sarah Lawrence College in Bronxville, N.Y., will offer students on its meal plan a chance to pick up groceries in the cafeteria as an alternative to a cooked meal.

At Pitzer College in Claremont, Calif., food waste from the dining hall is used as compost for an organic garden where students grow lettuce, peppers, corn, kale, squash, carrots and other vegetables.

"The students also throw a garden party every week — usually Friday afternoon — where they get together to harvest the vegetables, then dine on the food with some live music," said Jim Marchant, Pitzer dean of students. The garden is used "to teach principles of sustainable agriculture and encourage college commu-

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Nice guy who takes great shots

OddJobs

metronews.ca/oddjobs

George Pimentel always knew he'd be a photographer, just like his dad and most of his extended family.

But Pimente, now 42 years old, assumed he'd take wedding and passport photos at the family business in downtown Toronto for most of his career.

Then in 1993, while still a Ryerson photography student, he heard that Robert De Niro was attending a premiere nearby. Pimentel was a huge fan, so he grabbed a camera and headed for the red carpet.

He got a great black and white photo by chance — the professional photographers were inside at the premiere when De Niro came outside to sign autographs.

"I never did it for the money," says Pimentel. "I had no clue what I was getting myself into."

He kept taking photos, mainly for himself and to show his family. He sent some to magazines as well, but was always rejected.

Finally, in 1996, Flare magazine bought six of his pictures from the Toronto International Film Festival. More paying gigs and media credentials followed.

He started travelling to film festivals and award shows, selling more and more photos — particularly when he started shooting in colour. (He'd use two cameras: one with colour film for work, another loaded with black and white for himself.)

Pimentel always carried around a box of his own photos, and gave them out to celebrities, but also press people, limo drivers and fans. He became known as a nice guy who takes great shots.

In 2001, the digital photo service WireImage launched in New York, and hired Pimentel as their Toronto photographer.

With interest in celebrities booming, Pimentel's digital images were published around the world and he started making money from his passion.

When his mother died in 2001, he father sold him the studio. As he got busier with celebrity photography, Pimentel relied more and more on staff to run it. Today, he uses the space as a base for his business, but never does weddings or passport photos himself.

Instead, he works long hours behind his camera. As well as shooting for WireImage, he works for Holt Renfrew, Hello! Canada and others. His long days are so varied, he usually keeps at least three outfits and five pairs of shoes in his car so he can quickly dress down for press conferences and up for galas.

When he's not shooting celebs, he's editing shots on his computer. It's important to get pictures out fast: Competition is stiff. During festivals and awards nights, he'll bring a photo editor out with him and she'll work on the photos from a hotel lobby and send them out minutes later for the world to see.

The Lowdown

Job title: Celebrity photographer/paparazzi
Salary: From $150 to $3,000 a photo
Education/training: Photography experience or education, plus access
Best Part of the Job: "When a celebrity is real."
Worst Part of the Job: "When a celebrity lets you down; like doesn't sign an autograph for a kid."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Support staff at McMaster vote to strike

Fifty-eight per cent of McMaster University support workers belonging to the Canadian Auto Workers Local 555 have voted in favour of strike action if necessary. The group, which includes 2,200 employees, includes everyone from medical secretaries to bookstore staff. METRO NEWS SERVICES

rm cooking, more dining options

nity members to become more connected with the source of their food."

Chartwells, the company that prepares food for dining halls at Ohio Wesleyan University in Delaware, Ohio, offers microwaveable meals that students can take away, as well as a program called "My Pantry," where students can have food individually prepared, or even do their own cooking.

"Clearly there has been a great rejection of the (traditional) campus meal plan, both because of the inflexibility of it and because you have so many different kinds of tastes now," said Nach Waxman, owner of Manhattan cookbook store Kitchen Arts & Letters. "And the dorms have changed: They have kitchens and food prep rooms. When I was in college, there was no such thing."

Waxman says mothers often pop into his store to buy cookbooks for their kids in college. One book he recommends is The Healthy College Cookbook, first published 10 years ago using recipes from a trio of Williams College students. A new edition this year includes everything from vegan recipes like ginger-soy tofu to dishes that can be made on a George Foreman Grill.

"Students want things that are easy to make, things that don't take long and will still taste good," said Rachel Holcomb, a University of Massachusetts-Amherst student who updated recipes for the new edition.

Louis Cholden-Brown, a sophomore in a joint degree program at Columbia University and the Jewish Theological Seminary, eats some meals in cafeterias but makes most of his dinners in his dorm kitchen.

Friday nights, students often get together for a Sabbath eve dinner, but other nights he cooks vegetarian food for himself. "I ate a lot of rice and tofu," he said. "I had some simple marinades that I did, some more complicated than others, with soy sauce and rice vinegar. If I was in a really good mood, there would be fresh vegetables in it, fresh ginger and scallions and onions."

Angelo Berti, a sous chef at the College of the Holy Cross in Worcester, Mass., holds dorm kitchen cooking classes called "Cooking with Angelo." Meals have included pizza with wholewheat flour and fresh vegetables "as alternatives to greasy items like pepperoni or sausage," he said, and Mexican lasagna, which includes sour cream, cheddar cheese, grilled chicken, peppers, onion and salsa, layered with tortillas.

But Berti says he's not just teaching recipes. He's encouraging students to use cooking as a means to socialize and to express themselves. "The meal is your canvas," he said. "You paint what you want."

Of course not all students are so ambitious. Meagan Shankey, who worked as a residence coordinator at the State University of New York at Purchase, said most students who cook in dorms are making "easy preparation items. These include Easy Mac, Cup O'Noodles, popcorn, instant oatmeal and Hot Pockets."

THE ASSOCIATED PRESS

FRANK FRANKLIN II/THE CANADIAN PRESS

Sophomore Louis Cholden-Brown cooks up a storm in his dorm at Columbia University in New York.

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Celebrity photographer George Pimentel, known as "a nice guy who takes great shots," has photographed actors such as Nicolas Cage, left, and Robert De Niro. At right, Pimentel poses with his photos.

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Stage builders bring theatre ideas to life

Backstage Pass

JON TATTRIE
for Metro Canada

In theatre, set installers are tasked with building dreams. After a playwright creates a world and the set designer decides what it will look like, a team of technicians assembles the stage.

Dustin Scott Harvey (dustinscottharvey.wordpress.com) builds sets in Halifax when he's not writing his own plays. He studied theatre at Acadia University and did a postgrad in acting at the London Academy of Music and Dramatic Art in the U.K.

"I am well-schooled in whatever it takes to get a performance up and out to a public," he says. "I got involved in technician work when I found myself back in Nova Scotia looking to pay rent. There are always opportunities to get calls if you are willing to do it. I really wanted to stay within the world of theatre."

Working on stages gives him a deeper understanding of how creative ideas are articulated in theatre. "Each show is like a little life. My personal interest is how theatre is as much as what theatre is," he says.

At the entry level, set building doesn't require a lot of technical qualifications. It helps if you're passionate about theatre and open to new experiences, Harvey says.

When the curtains open, theatre set builders are working frantically behind the scene to make sure a play runs smoothly.

"These jobs can be physically and emotionally demanding. That being said, the things that will always help are: Work diligently, show up on time and don't complain. If you just do those three things, you will go far."

Earlier this year he was on the team that built the stage for Neptune Studio Theatre's South African-Canadian collaboration, Ubuntu, which had previously run in Toronto. After building the complex and frequently changing stage, he worked as a backstage technician.

"There were five hours to learn how to run the show," he remembers. "The show had three giant, rotating doors, quick costume changes, prop placements and resets. At one point, I was standing with my back to a wall while one of the 500-pound doors swung inches past my nose. The margins for error were slim."

John Raymond is the BFA Technical Theatre Coordinator at the University of Alberta. "Students take courses in stage management including ... design (set, costume, and lights), theatre history, production management and some practical shop courses," he says. "The program provides the student with knowledge that they would not easily pick up otherwise."

Raymond says the degree also plugs students into the theatre world, giving them a chance to make valuable connections.

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Fedor rejects UFC

Unable to come to terms with the UFC, Russian heavyweight and former Pride champion Fedor Emelianenko has signed a multi-fight agreement with San Jose-based Strikeforce. UFC president Dana White had been willing to schedule Emelianenko's first fight against Brock Lesnar for the UFC title if a deal had been reached. METRO NEWS SERVICES

Sports

Montreal to MLS?

In a possible hint of Major League Soccer's next expansion location, league commissioner Don Garber last week told Forbes that MLS has been in discussions about adding a team. The Montreal Impact of the United Soccer Leagues would be the obvious candidate to join MLS. For more, check out It's Called Football at metronews.ca/blogs. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Burrows investigated in connection with alleged stick-swinging incident

HOCKEY Vancouver Canucks forward Alex Burrows is being investigated by police after an on-ice incident in a Montreal summer hockey league game.

According to a complaint filed July 21, Burrows allegedly hit a 19-year-old goaltender in the face with his stick during a game at the Excellent Ice Arena in Kirkland, Que.

With Burrows, 27, facing possible charges, Canucks management say it is waiting to gather all facts before commenting, according to RDS.ca.

The family of goaltender Koray Celik isn't speaking either, on the advice of their lawyers.

Also known as the Pond Hockey League, the summer league helps professional, minor pro and college players stay sharp in the off-season.

METRO CANADA

New contract

- Alex Burrows signed a four-year contract extension with the Canucks in March that will see him paid $2 million per season.

Judge delays auction

Reinsdorf's bid to keep Coyotes in Phoenix called into question

A bankruptcy judge has moved the local auction of the Phoenix Coyotes to Sept. 10 from tomorrow.

The question is whether Jerry Reinsdorf's $148-million US bid will still be on the table then.

After Judge Redfield T. Baum postponed the sale date yesterday, NHL deputy commissioner Bill Daly worried that Reinsdorf may be wavering in his effort to buy the financially-ailing franchise amid repeated challenges by Coyotes owner Jerry Moyes and Canadian billionaire Jim Balsillie, who wants to move the team to Hamilton.

"I think from time to time, (Reinsdorf has) become very frustrated with the process," Daly told reporters outside the courthouse. "He feels like he's being fought at every turn, and he's already invested a lot of money in this. At some point we're concerned that he may just reach a decision that it's not worth all the time and money and effort when he's getting resisted as strongly as he is by Mr. Moyes and Mr. Balsillie."

"I think from time to time, (Reinsdorf has) become very frustrated with the process. He feels like he's being fought at every turn." NHL deputy commissioner Bill Daly

Reinsdorf's lawyer declined to speak to reporters after the hearing.

Reinsdorf's frustration apparently grew when Moyes' lawyer, in court filings, revealed details of Reinsdorf's negotiations with the city of Glendale, Ariz., on a possible new lease for Jobing.com Arena.

Reinsdorf has asked for a special taxing district to be created near the arena that would pay the new owners as much as $23 million next year, according to documents obtained by The Arizona Republic. And if the team were still losing money after five years, Glendale would have to pay Reinsdorf $15 million for each year of losses or allow the team to be sold and moved without penalty, according to the newspaper.

The documents have since been removed from public.

There is no indication that Glendale officials have agreed to those financial incentives, although Glendale lawyers said in court documents last week that the city was "very close to a definitive agreement" that would include "strong economic essentials."

THE ASSOCIATED PRESS

NASCAR A crowded pit

MEL EVANS/THE ASSOCIATED PRESS

Driver Juan Pablo Montoya comes in for a pit stop during the NASCAR Pennsylvania 500 auto race yesterday at Pocono Raceway in Long Pond, Pa. Denny Hamlin held off Montoya to win the race and snap a 50-race winless skid.

Burress indicted on weapons charges

NFL Former New York Giants star Plaxico Burress was indicted by a grand jury on weapons charges for shooting himself in the thigh at a Manhattan nightclub and faces a minimum prison sentence of 3½ years if convicted, prosecutors said yesterday.

The indictment charged Burress, 31, with two counts of criminal possession of a weapon and one count of reckless endangerment, Manhattan District Attorney Robert Morgenthau said.

He said the accidental shooting at the Latin Quarter nightclub on Nov. 29 was treated "like any similar case against any other defendant."

Burress' lawyer, Benjamin Brafman, said he was disappointed but not surprised by the indictment, which came after Burress testified before the grand jury and expressed remorse. THE ASSOCIATED PRESS

Sports in brief

MASSA Ferrari driver Felipe Massa, recovering from a life-threatening crash sustained nine days earlier in qualifying for the Hungarian Grand Prix, arrived home in Brazil yesterday.

BASEBALL Cincinnati Reds right-hander Edinson Volquez is expected to miss the rest of this season and the first half of next year, too, after having reconstructive elbow surgery yesterday, another major setback for the fading team.

METRO NEWS SERVICES

Dubai's ruler suspended from horse racing
The International Equestrian Federation has banned Sheik Mohammed bin Rashid Al Maktoum, the ruler of Dubai and prime minister of the United Arab Emirates, from riding in endurance races for six months after his horse twice failed doping tests. METRO NEWS SERVICES

'One-nil down and it's halftime'

Toronto FC must beat Puerto Rico tonight to advance in Champions League

For the most ardent Toronto FC supporters, tonight's must-win game in Puerto Rico in the CONCACAF Champions League is being approached with a certain degree of been-there-done-that confidence.

After all, it was barely six weeks ago when TFC went into Montreal needing a victory by at least four goals to win the Canadian championship and advance to this preliminary stage of the competition against the best in North and Central America and the Caribbean. They emerged with a 6-1 win.

By comparison, the need to go into Juan Ramon Loubriel Stadium to win the game while netting at least a pair of goals in order to advance to the group stage on aggregate, appears relatively modest.

Reality, of course, is much different. While the Montreal Impact were reeling, had recently changed coaches and rested players for an upcoming league game, the Puerto Rico Islanders are a team which sits near the top of the United Soccer League's First Division, thrives on its appearances in the Champions League and comes into its first home game in more than six weeks well rested.

CHRIS YOUNG/THE CANADIAN PRESS

Toronto FC's Ali Gerber, left, reacts after missing a scoring opportunity against Puerto Rico Islanders goalkeeper William Gaudette last Wednesday in Toronto. TFC went on to lose that game 1-0 and must win tonight in Puerto Rico to advance in the tournament.

"They play with a lot of confidence in Puerto Rico," said TFC defender Marco Velez, a native son who played three seasons with the Islanders before joining Toronto last year. He described the stadium in the San Juan suburb of Bayamon as a "very difficult" place to play for the visitors because of the heat and the home side feeds off the boisterous crowd, which he said is typically about 9,000.

"They're dangerous at home," Velez said. "They're a lot more dangerous than on the road."

Losers of just one of 11 home games this year, (7-1-3), the Islanders played a tight defensive match last Wednesday in the opening leg in Toronto. Content to put every man deep in their own end, they capitalized on a scoring opportunity against the flow of the play in the second half to win 1-0.

Goalkeeper Bill Gaudette, who has eight shutouts in 21 league games this season, made some brilliant saves in the late stages of the match to make Kendall Jagdeosingh's 67th minute strike the winner.

TFC coach Chris Cummins said despite the "disappointing" loss to Puerto Rico last week, it's important to go into tonight's game with some perspective.

"At the end of the day, we're one-nil down and it's halftime," Cummins said. "We definitely know we can go there and score goals but we've got to take a lot more responsibility in our defending."

TORSTAR NEWS SERVICE

New arrival

- Toronto FC target Lesly Fellinga, a Haitian defender from the Dutch league is tentatively scheduled to receive his work permit tomorrow and begin formal training with the club. The 23-year-old has already agreed to terms with TFC.

Dancevic, Niemayer invited to Rogers Cup

TENNIS Canadians Frank Dancevic, Frederic Niemayer and Peter Polansky joined Australian Lleyton Hewitt in receiving wild cards for the US$3-million Rogers Cup men's tennis tournament next week at Montreal's Uniprix Stadium.

Dancevic, from Niagara Falls, Ont., a finalist this year on grass courts at Eastbourne, England, is Canada's highest-ranked men's player at No. 111. Niemayer, from Sherbrooke, Que., has fallen to No. 502 in the world, while 21-year-old Polansky of Thornhill, Ont., is No. 226. THE CANADIAN PRESS

Sports in brief

NFL Quarterback Carson Palmer is back practising with the Cincinnati Bengals after a case of bronchitis. Palmer missed two practices over the weekend and worked out with the team yesterday.

NHL An arbitrator has awarded forward Jiri Hudler a two-year deal worth US$5.75 million if he ever returns from Russia to play for the Detroit Red Wings.

METRO NEWS SERVICES

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Walk/bike to work for fitness

Can't squeeze fitness into your day? Just walk to work.

A new U.S. study has found that "active commuting" — walking or riding a bike to work, even if it's only part of the way — boosts health and fitness levels.

Researchers in Chapel Hill, N.C., studied the commuting habits of 2,364 people who were enrolled in the Coronary Artery Risk Development in Young Adults (CARDIA) study. They then measured their height, weight, blood pressure and fitness levels.

Men who either walked to work or rode their bike to work had lower obesity levels as well as lower triglycerides (fat in the blood), lower blood pressure, and lower blood glucose levels. The effect was not as strong in women.

The average length of activity was 20 minutes for men and 17 minutes for women. "Ultimately it would be wonderful to see more people walking and biking to work, but to make this happen, we need to make walking and biking safe and accessible by reducing environmental barriers to activity," says Dr. Penny Gordon-Larsen (PhD), lead author of the study.

CELIA MILNE/FOR METRO CANADA

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Hoop your way to slim

New Hoopnotica program offers low-impact, cardio workout

DENISE SURETTE
For Metro Canada

CENTRAL IMAGE AGENCY, INC. PHOTOS

Hoopnotica is the newest celebrity fitness craze, it's an exercise program that employs a hoop (similar to the hula hoop).

Remember the days when exercise wasn't a chore?

As children, running, jumping and skipping rope was the best part of the day, and as adults finding time for cardiovascular fun can seem impossible.

This is the inspiration behind the success of the newest celebrity fitness craze out of Los Angeles, Hoopnotica, an exercise program that is based on the use of a hoop, almost the same as the hula hoop from days gone by, just made for grown-ups.

Though widely used as a fitness tool, Hoopnotica can also be enjoyed for meditative and playful seduction purposes.

Gabriella Redding, CEO of Hoopnotica, is taking part of the Canadian launch of Hoopnotica products, which include hoops, DVDs and CDs.

"We created the DVDs because we didn't have enough teachers for all the classes," said Redding. "It grew so quickly."

The program itself is simple. You need a hoop and a DVD to help you learn the moves to keep the hoop on motion around your waist. As the moves become easier, you add your arms and legs into the movements so the hoop is continuously moving, toning different parts of your body. As you become more advanced, the dance aspect of the movements is incorporated, keeping the hoop movements challenging and interesting.

Something that seems as effortless as keeping a hoop moving on your torso is surprisingly vigourous. Redding said she lost her baby weight from two pregnancies by just watching her diet and using her hoop for exercise.

"You can burn 250 to 300 calories per hour just from your torso movement," said Redding. "The dance factor adds extra calorie burn."

Redding said the popularity of Hoopnotica can be found in that it's simple, fun and low impact. There's no jumping or joint strain during any of the activity, yet it can burn as many calories as running.

"I've heard stories from people who have used hoops after a C-section and knee injuries," said Redding. "It's low to no-impact."

Other physical benefits include improved balance and coordination, increased flexibility and stronger core strength.

The hoops themselves aren't like the ones you find in a toy store — they are made for adults, are heavier and can come apart for travel. The starter kit offered on the Canadian Shopping Channel is $54.99 plus shipping and handling. This includes the travel hoop, a carrying strap and a DVD sampler. (Visit hoopnotica.com for more information on purchasing).

Redding says the Hoopnotica system is economical because there is no commitment for ongoing fees.

"You just get one hoop – it's not a commitment like the gym."

Visit hoopnotica.com for more information

Hoopnotica craze

Celebrities who have caught on to the Hoopnotica craze include:

- Sandra Oh
- Beyonce Knowles
- Kate Moss
- Marisa Tomei

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Sculpting in the sun

Target beach-revealing body parts with these fitness guru tips

ROMINA MCGUINNESS
Metro World News

Dreading those day you have to bare your body on the beach? Metro speaks to fitness guru Ramona Braganza about how to get the perfect beach body this summer.

Tone your Tum

Abdominal exercises are essential for a toned stomach and wasp waist. Alternate the exercises and make sure you work on several muscles including the rectus abdominis (assists regular breathing and supports the spine) and the oblique. Doing the plank is a great way to develop a cinched-in waist.

Intense cardio workouts will help burn excess fat. Eat healthily and avoid food or drink that cause bloating. Drinking water and avoiding alcohol and soft drinks are quick fixes.

GETTY IMAGES

In addition to body specific toning exercises, fitness guru Ramona Braganza recommends avoiding bloating foods and drinks like alcohol, soft drinks and carbohydrates.

Carbohydrates should be scrapped from your dinner menu, as should all foods containing high levels of salt or refined sugars such as cheese or pastries.

Armed Power

Push-ups are great if you're looking to tone your arms. If you cannot hold the position on your toes, use your knees. Attempt two sets of 10 followed up with a shoulder exercise (such as a shoulder press), then biceps (such as bicep curls) and triceps (such as tricep dips).

Squat to Shape

According to Braganza, the best way to get a toned bum is to do squats. Holding on to dumbbells throughout the exercise will make enhance the results but you must remain focused on the muscle you are working on. Squeeze your glute muscle as you stand up from a squat or lunge as this will transfer the workout over from your quads (the front of the legs) to the hamstrings and glutes (the back of the legs).

Beach tips

- Exercise in the morning before the sun is at its strongest. Make time for a jog or a swim before switching into "lazy" mode.
- Make fitness a way of life. Enjoy being active and drink loads of water to flush toxins out and keep metabolism revved up.
- Exfoliate with a loofah then mositurize to help keep skin smooth.

ROMINA MCGUINNESS/ METRO WORLD NEWS

Health in brief

EXERCISE If your kids love TV, why not make it active screen time? U.S. experts in pediatrics recently gave the thumbs-up to video games such as Wii sports for being safe, fun and healthy. Diana Graf and colleagues from the department of pediatrics at the University of Oklahoma studied the effect of various activites on kids' arteries, heart rate and calories burned. They found that playing Wii bowling burned twice as much energy as watching TV. Higher-intensity games such as Wii boxing and Dance Dance Revolution level 2 burned as many calories as fast walking – about three times as many as watching TV.

CELIA MILNE/FOR METRO CANADA

Don't fight the water, says expert

SWIMMING It may seem counterintuitive to a beginner, but the first thing a water newbie must do is relax.

"That's one of the truths of swimming, whether you are a beginner or an Olympic swimmer," says Joel Stager, one of North America's top swim experts. "The reality is that you can't beat the water. So what you have to do is use the water to work for you. Or, at least, don't fight against it."

While understanding the science behind swimming is important in racing, Stager says a firm grasp of the mechanics is also vital for beginners.

The two primary forces a swimmer faces are resistant forces, or drag, and propulsive forces, or thrust. Finding the right balance between the two can be tricky, Stager says, since the faster a person swims, the more water resistance they face. The swimmer must then, in turn, use more propulsive force to beat the increased resistive force, which creates an unremitting cycle.

The best way for a beginner to find balance between the forces is to focus on being streamlined. "They need to focus on increasing the length of their stroke, and not getting more strokes. Then, it's increasing the distance between strokes, followed by taking fewer strokes." TORSTAR NEWS SERVICE

Beginning swimmers need to focus on increasing the length of their stroke, not getting more strokes.

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ISTOCK PHOTO

When interested in a women, men should avoid the "friend zone" and act confidently without being cocky, advise experts.

Improve your dating grade

New report suggests Canadian men need to step up their game

Given that Canadian guys aged 16 to 24 scored a C-minus on AXE Canada's first annual dating report card, they clearly need some help.

And while the folks behind the cologne — yes, the one that gets guys laid in the elevator if you believe their ads — have offered some helpful advice (i.e. lose the cheesy pick up lines, follow-up with a phone call, and don't automatically assume a kiss means she's interested), I went to the real experts.

Ronald Lee is the guy behind Vancouver's Man Meets Woman (manmeetswoman.com), a dating coaching company for men. He says one of the biggest mistakes men make is that they approach women without a clear goal in mind and end up having a possibly pleasant, but unfruitful encounter. Says Lee, "A man needs to know why he is talking to a woman. For her phone number? To get a date? To just be friends?"

Darren Glickman is the co-founder of The Guyds (theguyds.com), a Toronto-based dating coaching website for guys. He agrees that cheesy pick-up lines don't work but adds that most guys are too weak or way too strong in their approach. "Women like confidence, but they don't like cockiness," he says.

The best way to avoid one of men's biggest fears when it comes to dating — landing in dreaded "friend zone" with a woman — is to stay out of the friend-zone to begin with, says Lee. Glickman agrees. "Don't do 'friend' things with her — like shopping, beer pong or hockey games," he says. "Don't take an interest in the men she's interested in romantically. Don't beat around the bush; tell her you're interested in more and see where it goes. The worst that can happen is she turns you down. That's better than ending up with another pseudo friend."

Read the AXE Dating Report Card in the Sexcetera blog at metronews.ca.

And, contrary to popular opinion, nice guys don't have to get left on the dating sidelines. "Many nice guys are ignorant about how to seduce women and thus, get treated as doormats, a role they unfortunately accept," says Lee.

Fortunately, adds Glickman, he's noticed in his coaching career that, "The more mature a woman is — either emotionally or chronologically (or both) — the less inclined she is to put up with the bad-boy attitude."

Finally, one thing the experts and the cologne survey participants agreed on: Personal hygiene matters. Conveniently, 96 per cent of male participants guessed bad odour turns women off and 95 per cent of females participants confirmed it.

"And halitosis?" says Glickman. "Ultimate deal-breaker."

• For more dating advice for guys and to see the entire AXE Dating Report Card, go to Josey's blog Sexcetera at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

The J Spot

metronews.ca/thejspot

In brief

ECO-FRIENDLY Enjoy the convenience of reusable Blue Q water bottles knowing that a portion of sales support The Nature Conservancy's global clean water initiatives in developing countries. Manufactured in an environmentally responsible facility, the bottles are decorated with durable lead-free inks and have a capacity of 20 ounces. The bottles retail for $18 each and are available at blueq.com METRO NEWS SERVICE

Cherries jubilee

SOFI PAPAMARKO
For Metro Canada

Clockwise from top left: Korres Cherry Full Colour Gloss, The Body Shop Wild Cherry bath and body line, Revlon Cherry Crush nail polish and Maybelline Superstay lipcolour in Cherry.

It's cherry season in Ontario! Celebrate by cherry-picking some beauty products inspired by the succulent summer fruit.

Lips

Be like Sally Cinnamon and taste like Cherryade all day long with the help of Korres' Cherry Full Colour Gloss. This paraben-free lipgloss is enriched with sweet and bitter cherry oils and comes in a variety of rosy hues. Available at Sephora ($20).

A lot of women are intimidated by true cherry-red lipstick. That's why we love Maybelline's Superstay lipcolour in Cherry. It's more inspired by chocolate-dipped cherries than maraschinos, so it's flattering on most skin tones, and it can be worn day or night for a sophisticated look. Plus, the formula goes on super smooth and lasts for up to 16 hours. See? Wearing red lipstick really can be as easy as (cherry) pie. Available at Shopper's Drug Mart ($12.49).

Body

The Body Shop's Wild Cherry bath and body line features a wide variety of products. The body scrub is enriched with wild cherry and Brazil nut oils to moisturize, while kiwi seeds and crushed walnut shells provide the exfoliation.

Wild Cherry shower gel and puree body lotion are a sweet-smelling combination and layering the products leaves a light, lingering scent; a great alternative to wearing strong perfumes in the summer (don't). Body scrub ($20); puree body lotion ($16); shower gel ($13). Available at The Body Shop.

Nails

A pretty, shimmering polish that is the perfect shade of red for the dog days of summer. Revlon's Cherry Crush is seductive, sophisticated and works just as well at the office as it does at a night on the town. Long-lasting formula. Available at Shopper's Drug Mart ($6.49).

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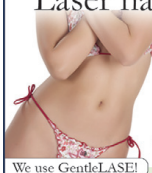

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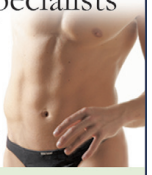

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Wahlberg ties the knot
Mark Wahlberg tied the knot with his longtime girlfriend, Rhea Durham, at the Good Shepard Catholic Church in Beverly Hills over the weekend, according to People magazine. **METRO WORLD NEWS**

Entertainment

Sober visit
Madonna wants to take her children to Auschwitz so they can "see how lucky they are." The Kabbalah follower is to make the trip to Poland later this month. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Race to Witch Mountain
Director: Andy Fickman

WHEN WRESTLER Dwayne (The Rock) Johnson made his big-league film debut eight years ago in The Mummy Returns, he was something of an alien presence in the role of the Scorpion King, a human-headed arthropod that spoke only ancient Egyptian.

He's evolved into a full-fledged actor, and in the Disney family thriller Race to Witch Mountain he's the human assisting a couple of alien kids in their quest to return home. It's like E.T. on steroids. Space kids Sara (AnnaSophia Robb) and Seth (Alexander Ludwig) have to not just "phone home," but also to return something to their planet that is of utmost importance both to their interstellar abode and to Earth.

Johnson plays Jack, a Las Vegas cabbie who gets caught up in the alien quest while trying to outrun his own troubles.

In classic Disney style, the film keeps the action going and the sentiments flowing for a lively and heartwarming experience, albeit one with few surprises.

Gomorrah
Director: Brian Hecker

THE TITLE OF Matteo Garrone's multiple narrative of corruption, an award winner at Cannes 2008, refers both to the biblical town of sin and to the Camorra families of Naples, the crime syndicate that Hollywood forgot.

The Sicilian mobsters of The Godfather get all the attention, but a sobering collection of facts provided by Garrone tots up the damage the Camorra does off the radar: Among other things, it's responsible for 4,000 deaths over the past 30 years.

Garrone waits until the end credits to list the Camorra's ills, and by then it's almost beside the point. They would have been more useful at the start, to assist in negotiating the thicket of characters and incidents the director has extracted from Roberto Saviano's best-selling crime exposé, also titled Gomorrah.

Repeat viewings, if you can bear them, also improve comprehension. It's best, though, to forsake plot and just follow the characters, as Garrone's nimble camera does with documentary immediacy.

Peter Howell/for Metro Canada

Treacherous shoot

New thriller A Perfect Getaway was filmed in Puerto Rico

STEVE GOW
for Metro Canada

Although an actor's life on a soundstage is often pampered — fantastic catered food, cushy accommodations — perhaps the most effortless film for a thespian to make are actually those shot in the remote jungles of Puerto Rico.

"There's an element when you are out dealing with nature around you that definitely as an actor I think is a lot easier than say, (if) this whole set was a jungle on a soundstage," said A Perfect Getaway star Milla Jovovich (Resident Evil).

"The whole energy changes, you're not projecting as much (on a soundstage) and people are like, 'remember there's wind and remember the rain.'"

A Perfect Getaway opens on Friday

The cast of A Perfect Getaway — which hits theatres this Friday — didn't have to worry about faking it much. The thriller about hikers being terrorized on a remote trail in Hawaii may have been filmed in Puerto Rico but the exterior shoot was no less treacherous — the cast had to traverse steep valley spillways and deal with unpredictable storms.

Milla Jovovich and Steve Zahn star in A Perfect Getaway, which opens in theatres Friday.

Movie **feature**

"It makes you focus on what is happening," said co-star Steve Zahn (Sahara). "It's also unfamiliar territory for the actors and for people watching."

"Besides the fact that hey, it's nature," added Jovovich. "We're doing a scene and suddenly there's a typhoon raining down on us and now we got to stop for hours and wait."

Directed by David Twohy (The Chronicles of Riddick), A Perfect Getaway is the sort of campy thriller that blends stylistic flair and humour with a unique plot twist — not easy to do given that the story only revolves around three couples — each with a curious past.

"What's kind of cool about it is that it's less about being right about who's doing what," said Zahn of discovering the reveal. "It was more about why you think that person or those people (are committing the acts). It's easy to guess something but that's what I thought made this very unique."

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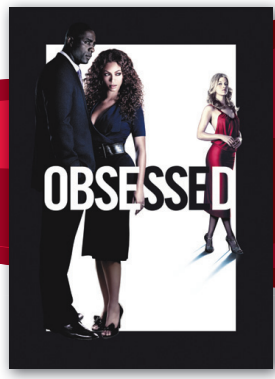

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A bothersome dead relative

Twenties Girl

Author: Sophie Kinsella
Publisher: The Dial Press
Price: $32 (Hardcover)

At 27, Lara Lington has quite enough drama in her life. The British businesswoman is preoccupied with running a shaky start-up company; with the departure of her closest confidant and business partner, who has jumped ship to Asia; and with being dumped by her ideal mate. But just when she feels most alone, she's visited by the ghost of her great aunt Sadie, who's an outgoing 1920s flapper. Sadie wants Lara to find a lost necklace and, to Lara's chagrin, keeps distracting her with visits until she does. But annoyance turns to appreciation when the relatives find common ground.

The Household Guide to Dying

Author: Debra Adelaide
Publisher: Viking Canada
Price: $32 (Hardcover)

Working as an advice columnist, Delia has always the been one to instruct others how to do things. She's written about cleaning and cooking for the domestically challenged, always with a razor-sharp edge. So when she discovers she's dying of cancer before even reaching the age of 40, Delia handles her impending demise in her usual fashion — by showing how it's done. Inspired by preparing her own family by stocking them with frozen stews and teaching her girls how to make a perfect cup of tea, she pens a guide to dying, forcing her to face her past in order to put her writing to rest.

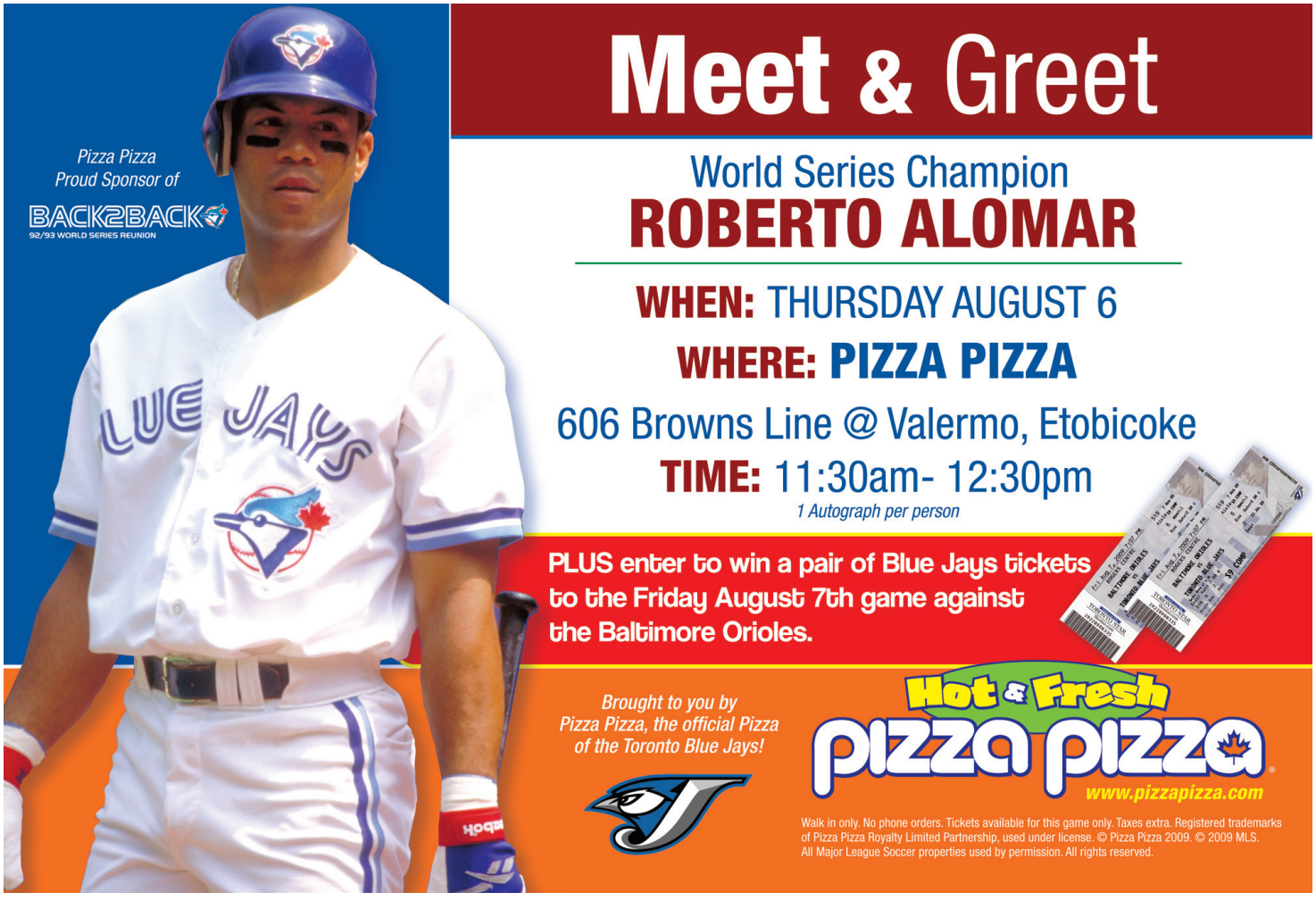
Johannes Cabal the Necromancer

Author: Jonathan L. Howard
Publisher: Doubleday
Price: $29.95 (Hardcover)

When Johannes Cabal made a deal with the Devil — selling his soul so he could learn to communicate with and raise the dead — he didn't expect he'd have to rescind on it. But tormented by a secret from his past, he attempts to reason with Satan. The latter complies, but for a price: Johannes must convince 100 people in one year to sell their souls, or face eternal damnation. To help, Satan equips Johannes with a travelling circus, which he staffs with those raised from the dead and his vampire brother Horst. Together, they journey through England for what could be Johannes' final experiment.

— BRIAN COULTON/ FOR METRO CANADA

BookPicks



Jessica Biel sings!
Jessica Biel marks her major musical-theatre debut this weekend, as the Los Angeles Philharmonic presents a three-night run of a concert version of the classic Guys and Dolls at the Hollywood Bowl. THE ASSOCIATED PRESS

Entertainment in brief

MOVIES Movie audiences have taken a liking to Adam Sandler's more serious side. Sandler's Funny People grabbed the top spot at the weekend box office with a $23.4 million debut. The film stars Sandler as a terminally ill comedy star. Seth Rogen co-stars as an up-and-coming comic who signs on as Sandler's assistant and joke writer. Coming in second for the weekend was Harry Potter and the Half-Blood Prince with $17.7 million.
THE ASSOCIATED PRESS

Hearing on Jackson issues

The handlers of Michael Jackson's probate and guardianship cases have a full slate at a hearing meant to tackle a number of estate and family issues.

At least one major hurdle was cleared last week with a custody agreement between Jackson's mother, Katherine Jackson, and Deborah Rowe, the biological mother of the singer's two oldest children.

Los Angeles Superior Court Judge Mitchell Beckloff has deferred hearing arguments or making rulings on several motions brought by lawyers for Katherine Jackson and the two men who have temporary control of the pop icon's financial matters: lawyer John Branca and music executive John McClain.

Jackson's estate has been described in court documents as having an estimated value of more than $500 million US, but its actual current worth is about $100 million, and could increase in value to $200 million or more with some financial restructuring, according to a person briefed on the matter. The person was not authorized to speak publicly and requested anonymity.

Branca and McClain could leave today's hearing with a firmer rein on the estate. Similarly, Katherine Jackson could emerge with guardianship of her three grandchildren, since her agreement with Rowe, which grants the singer's ex-wife visitation rights, means no one is expected to challenge the current arrangement.

The to-do list for today's hearing has grown in recent weeks, with Beckloff deferring decisions on several issues, most of which have to do with Jackson's finances.
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What's in a name?

Demi Moore is marking the fourth anniversary of her wedding to husband Ashton Kutcher by taking his last name as her own. The actress has decided to officially become Demi Kutcher, according to reports. FEMALEFIRST.CO.UK

Spielberg set to remake Harvey

FILM Steven Spielberg has a giant rabbit on his mind for his next film. He plans to direct a remake of the James Stewart classic Harvey, the story of a big-hearted eccentric who's branded a crackpot for claiming to have a six-foot-tall invisible rabbit as his best buddy.

Casting is just getting started, with production expected to begin early next year. The new version will be a contemporary update of Stewart's 1950 film, which was based on Mary Chase's Pulitzer Prize-winning play. The film is a co-production between Spielberg's DreamWorks Studio and 20th Century Fox. A release date has not been announced.

THE ASSOCIATED PRESS

Paris has, like, lots of besties

BRIAN COULTON
for Metro Canada

Paris Hilton doesn't need a televised competition to find friends, but she says she uses one to give people a chance to be her pal who wouldn't have a shot otherwise.

"Obviously, in real life, I have a lot of friends," she says with a proud giggle. "The show is just a really funny and fun concept."

The bleached-blonde member of the family behind the Hilton Hotels Corporation will name her newest confidante on the finale of Paris Hilton's My New BFF (that's "best friend forever," for the acronym-inept), this week. The show airs Thursday night on MuchMusic.

The competition is the second she's held in the United States, although things went sour with the first American victor. After visiting the hometowns of this season's three finalists on last week's episode, Hilton ousted California's Stephen Hampton, the sole remaining male.

Now, the final two pets of Paris — Florida's Stefanie Fritz and Louisiana's Tiniecia Goldsmith — are left to vie for the BFF title, having outlasted 14 others in hopes of hobnobbing regularly with the heiress.

Paris Hilton will name her new BFF this week.

Whoever wins, Hilton says it's very important she doesn't change who she is when the shimmer of celebrity spills onto them.

"When you come in the spotlight, anything can happen," she says. "You should never forget who you first were originally."

Among the qualities Hilton said she looks for in a BFF are trustworthiness, a good heart and the ability to humour her.

"I just want somebody who is real and not becoming my friend for any other reasons, to get face time or use me," she says.

And to make sure that doesn't happen? "Maybe I'll tell them a secret ... we'll see if it will get out, even if it's a big rumour," she says.

But even if it doesn't work out again, perhaps Hilton will keep one of the other contenders in mind. She says that even after the show wrapped shooting, she still socialized with half the cast.

"They came over to my house party," she says. "Everyone this season has just been so much fun. There are so many big personalities in the house. But the person who won, I'm very close to."

On TV

- If you missed season two of Paris Hilton's My New BFF, you can experience it in its entirety Saturday on Star.

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/4/09 primetime	265	353	2 TVO	Blue Realm (DVS)		Korea: The Unknown War		Lost in Austen		Stephen Fry in America		Korea: War
	211	331	3 GTV	ET Canada	Entertainment	NCIS "Hide and Seek"		Big Brother 11 (N)		NCIS "About Face"		News
	215	343	4 OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	214	344	7 CITY	Law & Order: SVU		Hell's Kitchen (PA) (N)		More to Love (N)		Make Me a Supermodel		News
	212	313	8 CTV	Corner Gas	Hollywood	CSI: Miami		Criminal Minds (HDTV)		Flashpoint		News
	218	345	11 E!	The Insider (N)	E! News	Taking It Off		Better Off Ted	Better Off Ted	Ruby	Ruby	News/Eleven
	137	763	13 TFO	Panorama été	Météo	Tout simple	Villages	*Soleil* ★★ (1997, Drame) Sophia Loren, Philippe Noiret.				Météo
	-	-	14 -	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		2Half Men	King	Cold Case
	213	326	15 SUN	Stargate SG-1		*Dark Storm* (2006, Science Fiction) Stephen Baldwin.				The DVD Show	Argos Access	Becker
	-	387	16 CBS	Inside Edition	Hollywood	NCIS "Hide and Seek"		Big Brother 11 (N)		Medium (HDTV)		News 4 at 11
	-	385	17 NBC	The Insider (N)	Entertainment	America's Got Talent		America's Got Talent (HDTV) (Live)				News
	-	386	18 ABC	Wheel-Fortune	Jeopardy!	The Superstars (Season Finale) (N)			Scrubs	Primetime: Family Secrets (N)		News
	219	346	20 ACH-B	The Road to Avonlea		America's Got Talent		America's Got Talent (HDTV) (Live)				News (N)
	-	-	28 FOX	Judge Judy	Two/Half Men	Hell's Kitchen (PA) (N)		More to Love (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Foot in Grave	Nova (DVS)		Nova scienceNOW		How Mad Was King George?		Business Rpt.
	297	652	330 WPX	Two/Half Men	Family Guy	90210 (HDTV)		Hitched or Ditched		PIX News at Ten Tong.		Two/Half Men
	296	654	331 SBK	Wheel-Fortune	Jeopardy!	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26 NW	CBC News	Mansbridge	The Hour		CBC News: The National		Norm Keep him at home.		National
	500	500	33 CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79 CNB	Kudlow Report		CNBC Reports		Dirty Money: Prostitution		Made in China, Profit		Mad Money
sports	405	417	22 net	MMA Conn	UFC: Access	UFC Top 100 Fights		Countdown to UFC 101		Sportsnet Connected		Sportsnet Con.
	400	400	30 TSN	MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	411	457	58 OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81 SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	551	542	25 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "Tidal"		Mystery Hnt.
	554	544	45 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27 W	Style by Jury	Friends	Colour Confidential		Style by Jury	Style by Jury	*The Accidental Witness* (2006, Suspense)		
	570	580	29 MM	One Tree Hill		Degrassi: TNG	Instant Star	Greek		Video on Trial	Video on Trial	One Tree Hill
	615	520	31 A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The Cleaner (HDTV) (N)		The Cleaner
	700	800	35 TLN	Centrovetrine	Sky TG 24	Magnifica Italia	Magnifica Italia	Ma Il Portiere non C'e Mal?		Raymond	Raymond	George Lopez
	571	581	36 MMM	The Daily Fix		Ranked!		Celebrity Rehab With Dr. Drew		Entourage	Gene Simmons	The Daily Fix
	575	583	38 CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39 SHO	The Outer Limits		Painkiller Jane		*Termination Point* (2007, Suspense) Jason Priestley.				House
	620	523	40 BVO	Road to Baleya		Live at the Rehearsal Hall		La Nouba Cirque du Soleil			Bravonews	Law & Order
	601	562	41 SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43 HIS	NCIS "Iceman" (HDTV)		Lost Worlds Atlantis.		To Build a Nation		NCIS "Iceman" (HDTV)		Sea Hunters
	625	548	44 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47 TBS	Family Guy	Family Guy	House-Payne	House-Payne	*Boat Trip* ★ (2003, Comedy) Cuba Gooding Jr..				Seinfeld
	576	582	49 BET	106 & Park: BET's Top 10 Live		*The Cookout* ★ (2004, Comedy) Ja Rule, Tim Meadows.				Tiny & Toya	Frankie	W. Williams
	627	528	50 SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Ghost Hunters		Stargate SG-1
	581	566	52 MTV	MTV Cribs	After	MTV News	Cribs	16 and Pregnant		Daddy's Girls	Daddy's Girls	MTV Live
	618	524	54 TROP	Power Play		Tube Tales	Tube Tales	Are You Smarter		Family Guy	Seinfeld	Seinfeld
	603	561	56 FOOD	Chef at Home	French Food	At the Table	At the Table	Hell's Kitchen		Good Eats	Good Eats	Iron Chef Am.
	261	394	60 V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		5 Seekers	Search	Poltergeist
	621	527	63 STR	The Ellen DeGeneres Show		TMZ (N)	Hollywood	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	553	546	65 TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101 TVA	Qui perd gagne (N) (SC)		Fort Boyard (SC)		Las Vegas (SC)		TVA 22 heures	Sucré-salé	*Taxi 3* (SC)
	126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249 VIVA	Judging Amy		Missing		The Closer		Ghostly Enc.	In Dreams	Psychic Inv.
	300	601	301 M1	(7:05) *Away From Her* ★★★ (2007, Drama)				*Lakeview Terrace* ★★ (2008, Suspense), Patrick Wilson				*Botched*
	305	612	306 PIX	*Ararat* ★★ (2002, Historical Drama) David Alpay.				*Hanover Street* ★★ (1979, Romance) Harrison Ford.				*Gospel of John*

critics' corner

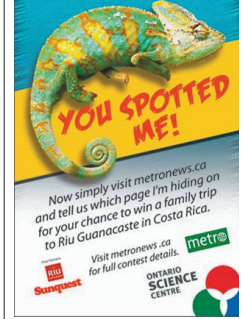
Stephen Fry in America
Ever since British funnyman Stephen Fry found out he was almost born in the United States, he's been fascinated with all things American. In this series, he indulges that interest with a 50-state road trip, starting in New England. Among other things, he visits the Vermont home of Ben & Jerry's ice cream. 10 PM on TVO

NCIS
A military family comes under suspicion when a boy finds a murder weapon, prompting Gibbs and the team to track ownership of the gun. Michael Weatherly, David McCallum and Pauley Perrette also star in "Hide and Seek." 8 PM on GTV CBS

Being Erica
Erica has traveled into the past to try changing it a few times now. But in this new episode, she just needs a vacation. So Dr. Tom decides to give her a break from her work and family stress by sending her back to an especially pleasant day in her past in "Such a Perfect Day." 9 PM on CBC

Cohen concert for peace sells out

MUSIC A Leonard Cohen concert to benefit Palestinian and Israeli peace groups has sold out in less than a day. Ticket agent Avi Messing told Israel's Channel 2 TV the 47,000 tickets for the Sept. 24 concert at a stadium near Tel Aviv went on sale Saturday evening, and by Sunday afternoon they were all gone. Cohen's management says profits from the performance will go to Israeli and Palestinian groups working for coexistence. THE ASSOCIATED PRESS



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Baby come back
Friends of Billy Joel say the singer is distraught over the June split from his wife, Katie Lee Joel, and is desperate to win her back. "Billy is obsessed with her," a pal told Page Six. METRO WORLD NEWS

Celebrity Buzz

Kristen, Rob still not a couple

DENY EVERYTHING No matter how many times they deny it, Twilight stars Kristen Stewart and Robert Pattinson always find themselves facing more rumours that their on-screen romance has bloomed in real life as well.

Top of the Pops magazine even went so far as to ask Stewart if she left her boyfriend, actor Michael Angarano, for Pattinson. "No, Rob and I are good friends," Stewart insisted. "We went through a lot together, so we feel very close. I've acquired a good buddy and that's a big deal, but I haven't left my boyfriend for Robert Pattinson." METRO WORLD NEWS

Mystery mama identified

BABY DRAMA It didn't take long for Jude Law's mystery pregnant ex-girlfriend to be identified as model Samantha Burke. And after much speculation about their relationship, Burke is speaking out.

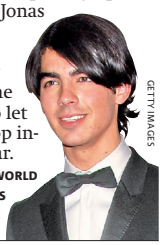
"Samantha, her mom, and her family can affirm that Jude has been responsive and supportive throughout the relationship and pregnancy, and know that he will remain so as a father once Baby Sophia is born," a statement from her lawyers reads, according to Hollyscoop.

The baby is reportedly due in the fall, just as Law hits Broadway in Hamlet and begins promoting his next film, Sherlock Holmes.

The news that Burke is pregnant with his child caught Law off guard, according to friends of the actor. "Just assumed she was on the Pill," a source told the Daily Mirror. "He was stunned at being informed of the pregnancy. Jude feels like now he has been made to look the bad guy. One of the reasons their brief relationship didn't work out is because Samantha was a little too keen. She claimed she was falling in love after just a couple of weeks." It's believed Law still has not spoken directly to Burke since finding out about the pregnancy. METRO WORLD NEWS

Joe bounces back with Disney star

REBOUND Joe Jonas may have found someone to help him get over his breakup from Camille Belle. The middle Jonas Brother was spotted out to dinner at L.A. restaurant Katsuya recently with Brenda Song from Disney's The Suite Life of Zack and Cody, according to TMZ. The pair tried to dodge paparazzi by not leaving the restaurant together, but photographers spotted Jonas pulling over halfway down the block to let Song hop into his car. METRO WORLD NEWS



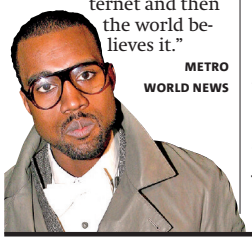
GETTY IMAGES

I'm not the new King of Pop: Kanye

INTERNET RUMOURS Kanye West is slapping down reports that he recently dubbed himself the new King of Pop.

"It makes me feel bad that obviously I made people feel that I would be corny enough to say something so whack after the passing of an idol, a legend and more than that a human being with feelings and a family," West posted on his official website.

"It scares me to think what people will believe, without even a source. Any random person can type something on the Internet and then the world believes it." METRO WORLD NEWS



Britney's big thank-you gift

APPRECIATION Britney Spears was looking for the best way to thank her father, Jamie Spears, for all his help turning her life around, and she found it — she's buying him a restaurant.

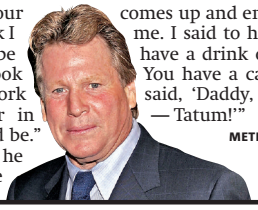
"Britney just wanted to give him something useful as a sign of her appreciation," a source said, according to Hollyscoop. "After all their ups and downs she knows he's always got her best interests at heart."

Before stepping in to oversee Spears' personal and professional lives, Jamie owned a catering company in Louisiana. The new restaurant will reportedly specialize in soul food. METRO WORLD NEWS

Ryan's fatherhood regrets

FAMILY MATTERS Ryan O'Neal has some harsh words for his kids in the new issue of Vanity Fair. "A couple of them I would take back," the actor and father of four said. "I don't think I was supposed to be a father. Just look around at my work — they're either in jail or they should be."

O'Neal also says he didn't recognize his daughter Tatum at Farrah Fawcett's funeral. "I had just put the casket in the hearse and was watching it drive away, when a beautiful blond woman comes up and embraces me. I said to her, 'You have a drink on you? You have a car?' She said, 'Daddy, it's me — Tatum!'" METRO WORLD NEWS



Paris tell-all in the works?

SPILLING THE BEANS It's hard to imagine there's much the public doesn't know about Paris Hilton, but her former manager, Jason Moore, is banking on being able to reveal some new information, at least according to a pitch for a tell-all book he's looking to write.

"Jason will demonstrate how, for 10 years, he managed to save his mercurial client from disgrace by manipulating the media, and Paris herself," the pitch letter boasts, according to the New York Daily News.

"Paris was oftentimes her own worst enemy, making a sex tape with a former boyfriend, nursing hangovers during photo shoots, falling asleep everywhere and getting thrown in jail for numerous driving violations. If Paris Hilton didn't have Jason Moore pulling the strings (and) cleaning up her messes, she could well have faded into oblivion." METRO WORLD NEWS

Real-life Gossip Girl relationship

BEHIND THE SCENES Gossip Girl actor Sebastian Stan says it's great working on the same TV show as his girlfriend, Leighton Meester. Unfortunately, their characters aren't together, which means they each spend a lot of time at working kissing other people — Meester most notably with Ed Westwick.

But Stan takes it all in stride, he tells People magazine. "It's work and everyone shares the same mentality when it comes to that. But we all laugh about it. The good part is I get to go home with her." METRO WORLD NEWS

Bomb threat at Oprah's studios

FALSE ALARM Oprah Winfrey's staff got quite a shock recently when a suspicious package left outside the Chicago studio prompted a visit from the bomb squad. Early Friday morning, a security guard at Harpo Studios found a backpack in a flowerbed with wires coming out of it, according to Us Weekly. Police were called and some tests were run, and it was determined the backpack did not contain a bomb. No one was injured. METRO WORLD NEWS

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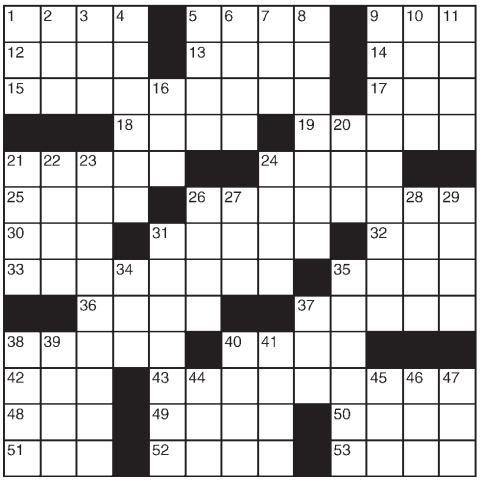

ACROSS

1 Group of musicians
5 Great Lakes fish
9 Dubya's brother
12 Chills and fever
13 Leak slowly
14 Eggs
15 Mischievous sprite
17 Stein or Stiller
18 Go up
19 Express appreciation
21 Tag
24 A Baldwin brother
25 Lotion additive
26 Fixed firmly
30 Young lion
31 One over par
32 Rage
33 Inscribe, as in heraldry
35 Soccer score
36 "Dear —"
37 Feel
38 Equine
40 Ethereal
42 Wapiti
43 Sympathy-evoking journalist
48 Retainer
49 Attention getter
50 Simple
51 Anderson's "High —"
52 Youngsters
53 Stratagem

DOWN

1 "Humbug!"
2 Past
3 Gist
4 Temperature unit
5 Corn eaters' throwaways
6 Golf target
7 Submachine gun
8 British automobile
9 Mini-strike
10 Level
11 Teller's place
16 Lubricate
20 Coop occupant
21 Chantilly, e.g.
22 Astringent
23 Priceless Memories writer
24 Congregational call
26 Snug and warm
27 Swelled head
28 History chapters
29 Opposite of "stet"
31 Watched 52-Across
34 Ton fractions (Abbr.)
35 Old Faithful, e.g.
37 — Lanka
38 Weight
39 Margarine
40 Help a hood
41 Doctrines
44 Discoverer's cry
45 Greek consonant
46 Ar follower
47 Reuben holder

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6	9			2		
9	8			5	1			
5			3				4	
7				1				6
		9				5		
2				3				8
	7				8			2
			6	7			8	4
		8			4	1		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	1	5	9	3	6	2	7	8
6	2	3	8	7	1	4	9	5
8	9	7	2	5	4	1	3	6
9	6	2	4	1	8	7	5	3
5	4	1	3	6	7	9	8	2
7	3	8	5	2	9	6	4	1
3	5	6	7	4	2	8	1	9
1	8	4	6	9	5	3	2	7
2	7	9	1	8	3	5	6	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Spicy Texas Red Chili

INGREDIENTS:

Nonstick cooking spray
1-1/2 lb (750 g) boneless beef round steak, trimmed and cut into 1/2-in. (1-cm) pieces
3 medium yellow onions, chopped
1 large clove garlic, minced
2 cans (14 oz/398 ml each) tomatoes, undrained and cut up
16 oz (475 ml) bottled or canned tomato sauce
1 cup (250 ml) beef broth
2 tbsp (25 ml) chili powder
2 tbsp (25 ml) minced canned red jalapeno peppers
2 tsp (10 ml) dried oregano leaves or basil leaves
1 tsp (5 ml) sugar
1 tsp (5 ml) ground cumin
1 tsp (5 ml) Worcestershire sauce
1/2 tsp (2 ml) ground cayenne pepper

METHOD:

1. Coat Dutch oven with cooking spray. Heat Dutch oven over moderately high heat. Add meat, onions and garlic; cook 10 minutes or until meat is browned.
2. Stir in tomatoes, tomato sauce, beef broth, chili powder, jalapeño peppers, oregano, sugar, cumin, Worcestershire sauce and cayenne pepper.
3. Bring to boil. Lower heat and simmer, covered, 50 to 60 minutes or until meat is tender. For thicker consistency: Cook, uncovered, until mixture is consistency you like. Serve with hot cooked rice.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There's no point getting upset, because your life is progressing as it should. That applies especially to your work, relationships and creative activities.

TAURUS ♉
APRIL 21-MAY 21
You seem to be fearful for no good reason. Fortunately, what happens today will remind you that fear is a negative emotion and serves no useful purpose.

GEMINI ♊
MAY 22-JUNE 21
You can see that changes taking place in your everyday environment will have long-term results that most likely will work in your favour.

CANCER ♋
JUNE 22-JULY 22
Your inability to generate enthusiasm for your work suggests it's time to rethink your priorities. Remind yourself what life is really about.

LEO ♌
JULY 23-AUG 23
Don't assume that because someone has been keeping things from you they have betrayed you. It's far more likely they've been protecting you.

VIRGO ♍
AUG 24-SEPT 22
If you are not in the mood for socializing today don't force yourself. Let others know that if your door is shut it means you don't want to play.

LIBRA ♎
SEPT 23-OCT 23
Something will inspire or upset you so greatly in the next 24 hours you'll have to do something about it. But first be completely sure what's going on.

SCORPIO ♏
OCT 24-NOV 22
Others will no doubt react with surprise at your doings today, but they should have seen it coming — after all, you'd been sending out warning signals.

SAGITTARIUS ♐
NOV 23-DEC 21
You may be enjoying a time of fun and plenty but not everyone is, so don't get peeved if someone is needlessly grumpy today. Cheer them up.

CAPRICORN ♑
DEC 22-JAN 20
You're comparing yourself negatively to successful people, and that's not fair. Only compare who you are now with who you were yesterday.

AQUARIUS ♒
JAN 21-FEB 18
Even if someone is an expert you don't have to believe them. If your inner voice says they're wrong today then have the courage to believe it.

PISCES ♓
FEB 19-MARCH 20
You can curse fate for your miserable fortune but just as easily thank it for the good things it's bestowed on you: You are actually doing rather well.

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BY TRICKY RICKY KANE

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1. Not good Alfred E. Neuman magazine (1)
2. Former VP Cheney's blend (1)
3. Hand digit lacking sensation (1)
4. Staffed a newspaper kiosk (1)
5. Alpine cottage dance in tutus (2)
6. Powerball ceramics (3)
7. "Elf" star Will's beer containers (2)

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ANSWERS
1. BAD MAN 2. DICKS MIX 3. NUMB THUMB 4. MANNED STAND 5. CHALET BALLET 6. LOTTERY POTTERY 7. FERRELLS BARRELS

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Playa Costa Verde • 4★
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Departure tax: 26 USD cash, paid locally.

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